

# Wedding Fix

Brought to you by Bridal Reloved

*Issue 15: September, 2025*

Free quarterly digital wedding magazine



*Supplier Advice*  
SAY YES TO ETHICAL BEAUTY

*Wedding Inspiration*  
A WHITE WEDDING

*Real Bride Features*  
AMY, SOPHIE, DANIELLE & KIRSTY



### Wedding Fix

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MAGAZINE AND DIRECTORY

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# FRIENDS OF WEDDING FIX

## CELEBRANTS

### Ceremonies by Laura Bell

Bespoke Magical and Guided wedding ceremonies laced with magic and adventure. Specialised in rituals and storytelling, we can't wait to write your love story.

**T:** 07701050693

**E:** [hello@ceremoniesbylaurabell.com](mailto:hello@ceremoniesbylaurabell.com)

**W:** [www.ceremoniesbylaurabell.com](http://www.ceremoniesbylaurabell.com)

### Proud Fox Ceremonies

ceremonies, which will make you feel proud and may even leave you feeling a little bit foxy!

**T:** 07973444664

**E:** [martin@proudfoxceremonies.com](mailto:martin@proudfoxceremonies.com)

**W:** [www.proudfoxceremonies.com](http://www.proudfoxceremonies.com)

## ENTERTAINMENT

### Pegasus Discos

I believe every function is someone's special occasion. I don't offer packages as no two weddings are the same, which is reflected in the service I provide. From just the evening party, to the full day - let's get together to talk about your special day.

**T:** 07976299678

**E:** [mark@pegasusdisco.co.uk](mailto:mark@pegasusdisco.co.uk)

**W:** [www.pegasusdisco.co.uk](http://www.pegasusdisco.co.uk)

## FLORISTS

### Floral Couture By Jay

Seeing how each bloom can affect emotions and moods piqued Jay's interest in floristry. Known for his charm, warmth and enthusiasm, Jay combines his instinctive knowledge with natural-born creativity to produce breath-taking arrangements.

**T:** 01305 773940

**E:** [orders@floralcouturebyjay.co.uk](mailto:orders@floralcouturebyjay.co.uk)

**W:** [www.floralcouturebyjay.co.uk](http://www.floralcouturebyjay.co.uk)

### The Flower Collective

Emma specialises in following the seasons, using foraged hedgerows, as well as beautiful flowers grown in Essex & Suffolk.

Emma is passionate about promoting British grown flowers in all of her works, supporting flower farmers across Essex. Emma uses seasonal and locally sourced focal flowers, fillers and foliage to create unique Wedding & Event Florals.

**T:** 07736638548

**E:** [theflowercollectivessex@outlook.com](mailto:theflowercollectivessex@outlook.com)

**W:** [www.theflowercollectiveuk.com](http://www.theflowercollectiveuk.com)

## HAIR & MAKE-UP

### Amazing Face Bridal Hair and Make-Up

Creating beautiful, bespoke bridal hair and natural make-up throughout the South West and beyond. Our make-up application styles puts an emphasis on natural flawless foundation and soft focus blending. Our hair designs are refreshingly stylish and on trend. Regional Winner and National Finalist of The Wedding Industry awards

**T:** 01202 779065

**E:** [caroline@amazing-face.co.uk](mailto:caroline@amazing-face.co.uk)

**W:** [www.amazing-face.co.uk](http://www.amazing-face.co.uk)

### Kirsten Sare

I am a qualified and experienced Make-Up Artist based in the heart of Dorset. With a friendly and professional approach, I use my knowledge and skills to work with you to create your perfect look for your wedding day for you and your wedding party.

**T:** 07751248783

**E:** [kirstensare@hotmail.co.uk](mailto:kirstensare@hotmail.co.uk)

**W:** [www.kirstensare.co.uk](http://www.kirstensare.co.uk)

### Say Yes Bridal Stylist

Katie places sustainability at the core of her work, using biodegradable, cruelty-free, and vegan-friendly products. Even better? A tree is planted for every wedding day booking—adding a beautiful, conscious touch to your celebration.

**T:** 07872 435713

**E:** [sayyesbridalstylist@gmail.com](mailto:sayyesbridalstylist@gmail.com)

**W:** [www.sayyesbridalstylist.com](http://www.sayyesbridalstylist.com)

## PHOTOGRAPHY & VIDEOGRAPHY

### Isobel Buxton Photography

Giving you a chance to relive your wedding day is not a job I take lightly. I believe that preserving your loved ones and your memories is the most magical part of wedding photography. Consider me a guest with a big camera, with you every step of the way. From getting ready with your besties to crying over speeches and partying the night away, I'll be there to capture it all.

**E:** [info@isobelbuxton.com](mailto:info@isobelbuxton.com)

**W:** [www.isobelbuxton.com](http://www.isobelbuxton.com)

## PHOTOGRAPHY

### Holly Hock Photography

My style is very fun and documentary. I don't like to create super posed shots, but capture real moments, its your moment not mine! But Of course I'm always there to step in and direct my clients when needed. My editing style can vary from shoot to shoot, but I keep it warm and intimate. Hollyhock Photography is fully insured, including public liability and professional indemnity.

**E:** [hollyhockdorset@yahoo.com](mailto:hollyhockdorset@yahoo.com)

**W:** [www.hollyhockphotography.co.uk](http://www.hollyhockphotography.co.uk)

### Lotus Photography

I'm Emily 'Emmy', I'm the one with the crazy red hair and a camera. I created Lotus Photography because, not only do I love photography, but I really wanted to get people celebrating and loving their unique self. My aim is to create a wedding album full of love, mischief, giggles, and a few happy tears, that makes people say "WOW that's so them!".

**T:** 07840503333

**E:** [lotusphotographyuk@gmail.com](mailto:lotusphotographyuk@gmail.com)

**W:** [www.lotusphotographyuk.com](http://www.lotusphotographyuk.com)

### Sadie Osborne Photography

Hi my name is Sadie Osborne and my two main passions in life are the art of photography and the beauty of people. Connection is everything to me, its one of the most important aspects to my whole photography ethic. One of my biggest joys is watching someone smile. I hope one day we can connect together and create something truly wonderful.

**E:** [sadie@sadicosborne.co.uk](mailto:sadie@sadicosborne.co.uk)

**W:** [www.sadicosborne.co.uk](http://www.sadicosborne.co.uk)

### Gemma Hopkin Creative

I'm a creative storytelling photographer based in Beverley, East Yorkshire. I love nothing more than capturing a story of two people who are about to embark on their biggest adventure.

**T:** 07834 223624

**E:** [gemmahopkincreative@gmail.com](mailto:gemmahopkincreative@gmail.com)

**W:** [www.gemmahopkincreative.com](http://www.gemmahopkincreative.com)



**Bridal Reloved Boutiques**  
Dorset, Somerset, Devon, The Midlands, Southport, Shropshire, Leicester, Lincolnshire, Essex, London, Oxfordshire, Yorkshire, Gloucester, Northumberland

**T:** 01305 251808  
**E:** [hello@bridalreloved.co.uk](mailto:hello@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk](http://www.bridalreloved.co.uk)



# FRIENDS OF WEDDING FIX

## VIDEOGRAPHY

### FJB Visuals

*'Natural videography for couples looking to enjoy their day and forget about the camera.'*

I'm Frankie, a Cheshire wedding videographer dedicated to producing authentic and joyful films. I'm often told by couples that they didn't even noticed I was there, which I like to take as a compliment! I aim to blend into the background to capture your day organically and discreetly, because lets face it, no one wants to feel like they have a camera in their face all day!

**E:** [Frankie@fjbvisuals](mailto:Frankie@fjbvisuals)  
**W:** [www.fjbvisuals.co.uk](http://www.fjbvisuals.co.uk)

## PLUS SIZE BRIDAL

### Terra Bridal

Terra Bridal is the UK's first answer to stunning, sustainable gowns for gorgeous & curvy women, and Kate is the mastermind behind the brand. Terra Bridal promises to be a journey, growing, educating and adapting throughout our pilgrimage to achieving more greener solutions for the bridal industry.

**T:** 01305 251808  
**E:** [hello@terrabridal.co.uk](mailto:hello@terrabridal.co.uk)  
**W:** [www.terrabridal.co.uk](http://www.terrabridal.co.uk)

## BRIDAL

### Bridal Reloved Barnstaple

Kimberley is excited to showcase her curated collection of gowns and warmly welcomes you to her boutique. She believes that buying a wedding dress should be a relaxed, exciting, and fun experience. Whether you come alone or bring your bridal entourage, enjoy a brew and get inspired!

**T:** 01271 375877  
**E:** [barnstaple@bridalreloved.co.uk](mailto:barnstaple@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/barnstaple](http://www.bridalreloved.co.uk/shops/barnstaple)

### Bridal Reloved Beverley

Bridal Reloved Beverley is our founder store, based in East Yorkshire 8 years ago. Michelle has been with Bridal Reloved since it's first year and has a vast amount of bridal knowledge. You can be rest assured that you will be in safe hands during your bridal appointment.

**T:** 01482 236446  
**E:** [beverley@bridalreloved.co.uk](mailto:beverley@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/beverley](http://www.bridalreloved.co.uk/shops/beverley)

### Bridal Reloved Lincolnshire

A warm welcome awaits you from Alison in the Caistor boutique, situated in the historic Georgian market town at the north-west edge of the Lincolnshire Wolds, an area of outstanding natural beauty on the Viking Way and just off the A46 between Lincoln and Grimsby. The shop can be found just behind the market square within a listed building dating back to the 1700's.

**T:** 01472 852532  
**E:** [caistor@bridalreloved.co.uk](mailto:caistor@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/lincolnshire](http://www.bridalreloved.co.uk/shops/lincolnshire)

### Bridal Reloved Cardiff

Bridal Reloved Cardiff is located in Dinas Powys, just four miles from Cardiff city centre. The boutique is a short walk from a train station and bus stop with direct lines to Cardiff. There are two private parking spaces behind the shop and free parking on nearby roads. Dinas Powys offers various cafes, restaurants, and pubs, and is only three miles from the beach. Bronwen looks forward to welcoming you!

**T:** 07511229696  
**E:** [cardiff@bridalreloved.co.uk](mailto:cardiff@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/cardiff](http://www.bridalreloved.co.uk/shops/cardiff)

### Bridal Reloved Coventry

Our Coventry store is conveniently located outside the city centre, just a few minutes from the M6 and fifteen minutes away from Birmingham Airport. With a large selection of dresses available, Jo looks forward to seeing you in store and helping you in your search for 'the dress'.

**T:** 02476 674004  
**E:** [coventry@bridalreloved.co.uk](mailto:coventry@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/coventry](http://www.bridalreloved.co.uk/shops/coventry)

### Bridal Reloved Dorchester

Bridal Reloved Dorchester is located in Poundbury, an urban extension of Dorchester on Duchy of Cornwall land. Kate, Diane, Sam, Karly, and Emily are ready with expert advice and a fresh pot of tea to ensure your bridal experience is relaxing and enjoyable.

**T:** 07407 714153  
**E:** [dorchester@bridalreloved.co.uk](mailto:dorchester@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/dorchester](http://www.bridalreloved.co.uk/shops/dorchester)

### Bridal Reloved Middlewich

Middlewich is a charming town in the heart of Cheshire, historically significant for its nearby salt deposits dating back to the Roman era. The town is surrounded by beautiful country estates and stunning canalside walks, where the Union, Trent and Mersey, and Wardle canals converge. Natasha is excited to welcome you and help you find your perfect dress at Bridal Reloved Middlewich!

**T:** 01606 659166  
**E:** [middlewich@bridalreloved.co.uk](mailto:middlewich@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/middlewich](http://www.bridalreloved.co.uk/shops/middlewich)

### Bridal Reloved Morpeth

Eleanor is excited to welcome you to the Morpeth boutique, located in the charming market town just 15 miles north of Newcastle. The boutique is on the first floor of Davison House in Sanderson Arcade, a minute's walk from the bus station and a short walk from the train station. You can enter via the Davison House door next to M&S foodhall or use the lift near Central Bean coffee house.

**T:** 01606 659166  
**E:** [Morpeth@bridalreloved.co.uk](mailto:Morpeth@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/morpeth](http://www.bridalreloved.co.uk/shops/morpeth)

### Bridal Reloved Peterborough

Our stunning boutique is nestled in the grounds of the breathtaking Peterborough Cathedral. Enjoy the beautiful views whilst relaxing on the sofa with a cuppa, or a glass of bubbles. Lucy can't wait to help you find your dream wedding dress.

**T:** 07752 715711  
**E:** [peterborough@bridalreloved.co.uk](mailto:peterborough@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/peterborough](http://www.bridalreloved.co.uk/shops/peterborough)

### Bridal Reloved Tavistock

Come and visit us in Tavistock, a historic market town on the edge of the River Tavy. Mother and daughter duo, Sue and Kate, are excited to welcome you to their beautiful boutique on the edge of Dartmoor. We are situated on Market Street, just a two-minute walk from Bedford Square in the centre of town. Plenty of parking is available in nearby car parks. We can't wait to see you soon and help you find your dream dress!

**T:** 01822 610501  
**E:** [wanstead@bridalreloved.co.uk](mailto:wanstead@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk/shops/tavistock](http://www.bridalreloved.co.uk/shops/tavistock)



## Bridal Reloved Boutiques

Dorset, Somerset, Devon, The Midlands, Southport, Shropshire, Leicester, Lincolnshire, Essex, London, Oxfordshire, Yorkshire, Gloucester, Northumberland

**T:** 01305 251808  
**E:** [hello@bridalreloved.co.uk](mailto:hello@bridalreloved.co.uk)  
**W:** [www.bridalreloved.co.uk](http://www.bridalreloved.co.uk)



# FRIENDS OF WEDDING FIX

## The Re- Bridal Boutique

The Re Bridal Boutique (formerly known as Bridal Reloved Shrewsbury) is a charming boutique on historic Hill's Lane, between Blind Tiger and The Parlour. Just a 5-minute walk from Shrewsbury's high street and a minute from the River Severn and Welsh Bridge, our boutique is conveniently located. We offer 1.5-hour appointments to explore our stunning dresses downstairs and enjoy a personalised fitting in our cosy first-floor fitting room. Parking is easy with Bridge Street car park right outside or the cheaper Frankwell car park over Welsh Bridge. Stephanie, with her expert advice, looks forward to making your bridal experience relaxing and enjoyable. She can't wait to welcome you and help you find the perfect dress for your special day.

T: 01743 588450

E: [shrewsbury@bridalreloved.co.uk](mailto:shrewsbury@bridalreloved.co.uk)

W: <https://bridalreloved.co.uk/shops/sustainable-style-partner-the-rebridal-boutique/>

## Bridal Reloved Tring

Our stunning boutique is located at the top of Tring High St, right next to a handy pay and display car park. By train, Tring is less than an hour from London, and has great links to nearby towns, like Milton Keynes. The railway station is a short taxi drive away, which is handy when you are carrying a wedding dress! Nearby we have amazing bars and coffee shops, so you'll be spoilt for choice when you want to celebrate your yes moment after your appointment. We highly recommend the cake in Black Goo Coffee. We look forward to welcoming you soon!

T: 07903 310692

E: [Tring@bridalreloved.co.uk](mailto:Tring@bridalreloved.co.uk)

W: [www.bridalreloved.co.uk/shops/tring](http://www.bridalreloved.co.uk/shops/tring)

## Rock My Dress

Step into a world of romance, refinement and regency-era elegance at Rock My Dress, where every bride is the diamond of the season. Inspired by the timeless grace of the Bridgerton era, our boutique offers a curated collection of bridal gowns and accessories that blend old-world sophistication with modern femininity. From delicate lace corsetry to sweeping silk trains, our designs whisper of garden promenades, candlelit soirées, and whispered vows.

E: [sales@rockmydress.co.uk](mailto:sales@rockmydress.co.uk)

W: <https://bridalreloved.co.uk/shops/sustainable-style-partner-rock-my-dress-brackley/>

## Bridal Reloved Wanstead

Debbie's boutique is conveniently located just off the High Street, only a 3-minute walk from either Snaresbrook or Wanstead underground stations on the Central Line. Additionally, there are two private parking spaces available right out front. Debbie looks forward to welcoming you to her charming boutique!

T: 07734034078

E: [wanstead@bridalreloved.co.uk](mailto:wanstead@bridalreloved.co.uk)

W: [www.bridalreloved.co.uk/shops/wanstead](http://www.bridalreloved.co.uk/shops/wanstead)

## The Tulle Atelier

At The Tulle Atelier, I pride myself on creating exquisite bridal veils made with the finest materials sourced in the UK. Each veil is meticulously handcrafted to order, reducing waste and minimizing emissions. Whether you're looking for a ready-to-wear piece or a custom-designed veil, I offer a range of options to suit every bride's style and vision.

E: [thetulleatelier@gmail.com](mailto:thetulleatelier@gmail.com)

W: [www.thetulleatelier.co.uk](http://www.thetulleatelier.co.uk)

## MARQUEE HIRE

### Coastal Tents

We are a husband and wife team who are passionate about helping you create the perfect setting for your big day or event. We started our company after enjoying the Tipis at our own wedding. We want to provide a service so that others can plan their own memorable celebration.

T: 01929 505005

E: [info@coastaltents.co.uk](mailto:info@coastaltents.co.uk)

W: [www.coastaltents.co.uk](http://www.coastaltents.co.uk)

## JEWELLERY

### Hazel and May

Bridal and Bridesmaid jewellery and accessories.

Collection created in Shrewsbury.

A gorgeous and easy to wear collection of jewellery that can be worn for a wedding and then used again and again.

T: 01743 588450

E: [hazelandmayuk@outlook.com](mailto:hazelandmayuk@outlook.com)

W: [Etsy.com/uk/shop/hazelandmayjewellery](https://www.etsy.com/uk/shop/hazelandmayjewellery)

## FLOWER GIRL

### Violet Wears Vinatge

Here at Violet Wears Vintage we strive to eliminate waste from kids clothing by specialising in traditional one of a kind vintage childrenswear for all occasions. All our vintage items were made pre fast fashion, they are made with care and designed to stand the test of time. Our ethos is to encourage and develop a recycling community; which enables items to be loved and adored from one generation to the next. No vintage dress will ever be the same making them the perfect choice for your flower girls on your wedding day.

T: 077163 49468

E: [violetwearsvinatge@outlook.com](mailto:violetwearsvinatge@outlook.com)

W: [www.violetwearsvintage.co.uk](http://www.violetwearsvintage.co.uk)

## VENUES

### Abbotsbury Subtropical Gardens

A truly unique, naturally breathtaking outdoor setting for your wedding day. Surrounded by lush greenery, exotic plant life, and coastal views – it's the perfect location for a memorable celebration with friends and family. Fully licenced for Civil Ceremonies, exclusive use of the Wedding Marquee, West Lawn and private entrance. Suitable for smaller weddings of 20-30 and larger weddings of up to 120 seated guests.

T: 01305 871387

E: [info@abbotsbury-tourism.co.uk](mailto:info@abbotsbury-tourism.co.uk)

W: [www.abbotsburygardens.co.uk/weddings](http://www.abbotsburygardens.co.uk/weddings)



## Bridal Reloved Boutiques

Dorset, Somerset, Devon, The Midlands, Southport, Shropshire, Leicester, Lincolnshire, Essex, London, Oxfordshire, Yorkshire, Gloucester, Northumberland

T: 01305 251808

E: [hello@bridalreloved.co.uk](mailto:hello@bridalreloved.co.uk)

W: [www.bridalreloved.co.uk](http://www.bridalreloved.co.uk)



# terra

BRIDAL

[www.terrabridal.co.uk](http://www.terrabridal.co.uk)



# Hello Wedding Fix

## A digital Wedding Magazine & Directory with a difference

### What makes Wedding Fix different to other magazines and directory's ?

Good question,

Wedding Fix is different because it's made up of people, suppliers and companies who we, here at Bridal Reloved have actually worked with over the last decade. Anyone can advertise in a main stream magazine, but here at Wedding Fix we know the people listed in on our pages personally and are proud to call them our trusted friends . This is something we hope you find valuable when planning your wedding.

It's been 10 years since we launched the first ever Bridal Reloved boutique, and we are immensely proud to bring you our Wedding Fix Magazine & Directory.

As the World's only chain of independently owned bridal boutiques specialising in sample and pre-owned wedding dresses, we now have 23 bridal boutiques (and growing) across the UK – We have so much to share with you!

“Wedding Fix” is so called as the founder of Bridal Reloved Kate Atkinson and her mum Diane used to buy magazines to help with wedding planning and called it their “Wedding Fix”.

We are truly passionate about sustainability, creating memories and making connections. and we have been incredibly lucky to have met and worked with brilliant and trusted wedding suppliers in our areas, across the country.

Every Bridal Reloved boutique has collated a 'little black book' of wedding suppliers with whom they have worked with in their areas so it only seemed fitting to launch the Directory.

The teams at our award-winning Bridal Reloved Boutiques are uniquely placed, not only leading one of the UK's top bridal chains, but also knowing exactly what the current bridal trends are.

The key to our success is that we simply know what dresses are in high demand because that's what we sell most of. With Bridal Reloved the trends are dictated by our customers buying trends and not the media, it's this knowledge that has become so valuable to our buying teams and customers

We cannot wait to help you on your wedding planning journey. By showcasing the best of the best within the industry, we know you'll have the most incredible wedding day and it's our privilege to help you make the best connections possible. Explore our digital magazine, make connections and get your “Wedding Fix” today!



# Editor's Letter

No 15!

W

elcome to issue 15 of Wedding Fix , lovingly titled 'Eco Ever After'! So, what does Eco Ever After really mean? It's our fresh spin on the timeless 'Happily Ever After'—infused with purpose and planet-friendly values. It's about building a life, planning a wedding, and embracing a lifestyle that's not only joyful and enduring, but also kind to the earth.

We sit down with Kate Robatham, an eco- conscious hair stylist from 'Say Yes Bridal Stylist' whose mission is to help brides 'say yes' to ethical bridal beauty . With a commitment to using vegan and cruelty- free products, Kate is redefining what it means to glow on your big day-proving that sustainability and style can go hand in hand.

We had the pleasure of experiencing firsthand the beautiful , secluded and stylish cottages in the Cotswolds, lovingly run by husband and wife duo Geoff and Felicity @secluded\_cotswold\_cottages. Tucked away in tranquil countryside , their charming retreats offer the perfect escape- whether you're planning a relaxed hen do or simply craving a weekend away from the whirlwind of wedding prep.

Are you feeling overwhelmed by wedding planning? Turn to page 88 for our exclusive interview with Sophie Bishop, a leading healthcare and wellbeing journalist. Sophie shares expert insights on managing stress, staying grounded and prioritising your mental health in the lead up to your big day.

We shine spotlight on four inspiring eco brides who are redefining what it means to celebrate love sustainably. (Amy @Amy.lou.372, Sophie, Danielle @enchantednanny and Kirsty @kirstytx )

As summer gently fades, we're thrilled to welcome the golden glow of autumn and the crisp elegance of winter with issue 15 of Wedding Fix!



Charlotte x  
.....  
Editor in Chief



# Editor's Choice



ECO EVER  
AFTER



**Wedding dress** Madi Lane , Bridal Reloved Gloucester, [gloucester@bridalreloved.co.uk](mailto:gloucester@bridalreloved.co.uk), Was £1845 Now £920 **Dried buttonholes** Shropshire Petals [www.shropshirepetals.com](http://www.shropshirepetals.com) **Oak frame gazebo** Vintage Marquees, [www.vintagemarquees.co.uk](http://www.vintagemarquees.co.uk) Hire charge from £1900 plus VAT , **Veil** Flower edge veil , The tulle Atelier , [www.thetulleatelier.co.uk](http://www.thetulleatelier.co.uk), £104 **Stacey Solomon** upcycled wedding dress by Verona Bridal

# PRIDE & JOY



## Suppliers:

**Venue** - The Elm

Tree@theelmtreeweddingsandevents

**Photographer** - Real Life by Robyn

Photography @reallifebyrobyn

**Models** - El and Leanne

**MUA** - Rachel Bray

@rachelbraymakeupartristry

**Wedding dresses** - Bridal Reloved Caistor

@bridalrelovedcaistor

**Decor** - Moments and more decor

@momentsandmoredecor

**Flowers** - Olivara Blooms

@olivarabloomsweddingsevents

**Cakes** - The cake Queen

@thecakequeenlincoln

**Celebrant** - Silver Hare Celebrations

@silverharecelebrations







T

here's something truly special about a shoot that not only celebrates love but creates space for every kind of love to be seen, felt, and honoured. Full of vibrant colour, gentle connection, and raw emotion, this shoot beautifully captures what it means to be unapologetically yourself on your wedding day. With inclusivity at its heart and joy in every frame, it serves as a powerful reminder that love—in all its forms—deserves to take up space, be celebrated, and be captured exactly as it is.























# HAZEL & MAY

Bridal and Bridesmaid jewellery and accessories collection created in Shrewsbury , Uk



[hazelandmayuk@outlook.com](mailto:hazelandmayuk@outlook.com)  
[@hazel\\_and\\_may\\_uk](https://www.etsy.com/uk/shop/hazelandmayjewellery)



# SAY YES BRIDAL STYLIST

Katie Robotham



## Introduce yourself ? Tell us all about Katie?

Katie: So some formalities...Settle in peeps... Yep...that's me, Katie, the owner and creator of "SAY YES BRIDAL STYLIST" Bridal & Event hair specialist based in the Cotswolds, UK.

A 33YO award winning Bridal hair stylist, wife, mum to two human and two fur babies, my 12 yo lab Buddy and my 4yo cocker Merlot (yes named after the wine!) who mission it is to help you embrace my couples individuality and create fashion forward alternative relaxed modern bridal looks.

I'm definitely a creative person who loves wine 🍷, chocolate 🍫, long dog walks in the countryside, and a little bit obsessed with Below deck! 🚢

I have over 35,000 hours of mastery in creating unique alternative bridal looks for brides of all styles. Specializing in whimsical bohemian looks with a unique twist, I will work with you to ensure you look and feel your authentic self. I want my couples to have the best morning, so I love to bring the energy and have fun. I love creating content, so I will try and capture you some of those special

wedding morning moments and of course a tiktok transition or two! I also do anything I can to help their morning run as smoothly as possible, including pouring drinks, getting you dressed, sorting your flowers, and putting on button holes. I love meeting people and creating connections, and have launched a wedding podcast "i do and updos" with my cohost- Laura Crockett Celebrant to help showcase unique wedding suppliers and inspire couples to add unique elements to their day (would love if you can take a listen). I love animals of all kind but my favorite is giraffes. I love to travel when I can, Italy is my favorite place in Europe. I absolutely LOVE wine- particularly red. My house is never out, there is always a bottle just in case we need to celebrate.

## What's one thing brides are often surprised to learn about you ?

Katie: I'm half American! I look and sound as English as they come, but I'm half American on my dad's side. I have a huge family in America, He was one of 5 children, but over here in England, there is me, my mum and my stepdad.

## What inspired you to start 'Say Yes Bridal Stylist'? How did your passion for sustainable and cruelty free - beauty evolve ?

Katie: I have a deep love for our beautiful world and everything in it, which makes sustainability a core value in both my personal life and my work. I've been a hairstylist since 2007, starting out as a Saturday girl and working my way up to salon management. Over the years, I've managed four different salons.

During the last COVID lockdown, we relocated to the Cotswolds for my husband's job. With salons closed and no local connections, I found myself at a crossroads. It was the perfect time to combine my two true passions: bridal hair and conscious living. That's how Say Yes Bridal Stylist was born a vegan, cruelty-free, and sustainable brand that

encourages clients to “Say Yes” to ethic bridal beauty. I only use products that are recycled, biodegradable, cruelty-free, and vegan-friendly. I've made many changes in my business practices to reduce environmental impact, including planting one tree for every wedding day booking. It's my way of giving back while helping brides and couples feel beautiful in the most mindful way possible.

### What does ‘authentic bridal beauty’ mean to you?

Katie: There's a lot of pressure to look and feel perfect on your wedding day. Many couples feel the need to look the best they ever have, especially with the internet overflowing with “bridal inspiration.” It can start to feel like there's a specific way to look like a bride or couple, as if you have to fit a mold to feel worthy of the title.

But I believe your wedding day should reflect you. Your personality, your style, your story. It's easy to lose sight of that in the noise, which is why I aim to help my couples feel confident and be fully themselves. When you embrace who you are, you naturally shine.

### How do you tailor your style to reflect each bride's personality?

Katie: I work closely with every bride or couple from the very first enquiry right up to those special moments before they walk down the aisle. It all begins with a discovery call, where I take the time to truly get to know them and understand the vision for their day.

From there, we move into an exclusive bridal preview, where each style is carefully tailored to suit the nearlywed's unique look, personality, and wedding vibe. I always encourage bringing along inspiration photos, and we chat through any key details that might influence their style; from the outfit and setting to weather, timings, and more.

We'll also talk through their expectations for the day, any hair accessories they may want, and I offer help with sourcing, ordering, and even colour-matching hair extensions or accessories if needed.

After the preview, I always follow up to see how they felt about the look once they've had time to reflect. If they change their mind or want to tweak anything, I'm happy to offer another bridal preview to make sure they feel completely confident and relaxed going into their big day.

### What is your price range?

Katie: I tailor every package to my nearlywed making it bespoke to them, but my starting fee is £450 plus travel- this includes a Bride or nearlywed, plus 2 bridal party on the day styling, a bridal preview for the nearlywed and a touch up kitbag left with them on the day.

You can also add color matching and ordering of hair extensions, bridal hair accessories from my own collection and additional bridal party members if you require larger party styling. I will also arrange an assistant to help me and your bridal party if required.





## How long have you been working in the wedding industry and how do you feel about the industry being so wasteful?

Kate: I founded Say Yes Bridal Stylist back in November 2020, in the last lockdown, and as we all know covid really shone a light on disposable waste items. I absolutely hate how wasteful the wedding industry is, however it's also unavoidable at times; for example hygiene reasons with disposable single use make up wands for eyes etc. I have also discovered some incredible wedding businesses that are as eco conscious as I am and who really have embraced more sustainable practices within their business. From hiring your florals, to beloved wedding dresses, sustainable photographers and upcycling furniture these businesses have really helped to make an impact to change and encourage their couples to embrace it too. Just making small changes to your wedding day can really help with the environmental impact whilst also making your day epic.

## How many hair trails would you recommend and what do brides need to bring with them for a hair trail ?

Kate: I always recommend that brides and newlyweds narrow their hairstyle options down to two styles for their bridal preview. This gives us the perfect opportunity to explore what works best for you without feeling overwhelmed by too many choices. Ideally, your preview should take place 3 to 6 months before the big day - by then, most of the key details are usually confirmed, and you'll have a clearer vision of your overall wedding vibe.

If you try both styles and still feel unsure, I'm more than happy to offer a second bridal preview if needed. That said, if it's just a few small tweaks, another full session usually isn't necessary. I always encourage bringing along any hair accessories or veils you've already purchased or borrowed so we can see how everything works together. It helps to create a cohesive final look. It's also a great idea to bring photos or videos of your outfit, especially close-ups of any detailing. This allows us to match accessories and styling to your dress's or outfits unique features.

If you haven't bought your hair accessories yet,

I'd recommend waiting until after your preview, in case the style you choose doesn't suit your initial accessory ideas. But if you've fallen in love with something though, go for it - sometimes those pieces are too good to miss!

Finally, try wearing a top with a similar neckline, shape, and colour to your wedding outfit during your preview. This makes it much easier to visualise your complete look and how everything will come together on the day.

## Do you offer hair extensions?

Kate: Yes, absolutely! If your chosen style requires added volume or length, I recommend using clip-in hair extensions. I work with Clip Hair, a trusted brand offering ethically sourced, 100% human hair extensions.

During your bridal preview, I provide colour matching to ensure a seamless blend with your natural hair. I also bring along a few sample sets for you to try, so you can get a feel for how they'll look and feel on the day. If you decide to go ahead, I can handle the ordering, prepping, and styling of the extensions so everything is ready to go on your wedding morning.

## Tell us why our brides should choose you to be their bridal hairstylist?

Kate: If you're looking for a bridal hairstylist who is highly organised, reliable, warm, and genuinely invested in creating the perfect wedding morning atmosphere, all while celebrating you for exactly who you are-then I'm the stylist for you. I'm here to make sure you feel relaxed, supported, and completely yourself, without compromise.

## Where are you based ?

Kate: Based in Stow on the wold: North Cotswolds, but also cover the nearby "shires"- Herefordshire, Worcestershire, Warwickshire, Gloucestershire, Oxfordshire, Wiltshire and internationally in Europe.

## What are you known for ? What is your signature hair do? Your favourite bridal look to create?

Kate: I'm a boho queen at heart, with a true love for creating relaxed, whimsical, and romantic effortless styles. My signature looks include everything from effortless textured buns to beachy half-up, half-down styles, always with a unique twist that's tailored just for you. I especially love working with beautiful natural curls and embracing that lived-in, free-spirited vibes that makes each look feel perfect to you.

## How has becoming a mother influenced your work or creativity ?

Kate: Becoming a mother was truly life-changing for me, as it is for so many. It's made me more resilient, grounded, and able to embrace the chaos with a calm mindset. I've developed more patience than ever and learned to stay steady even when things don't go exactly to plan.

These qualities naturally flow into my work. I thrive under pressure, work seamlessly with other suppliers, and help keep the wedding morning running smoothly. From organising the bridal party to ensuring everyone is on time and stress-free, I'm there to support you every step of the way.

## Can you share a styling moment that really moved you ?

Kate: Over the years I've been honoured to be able to witness so many special moments on a wedding morning that my couples experienced, but two in particular stand out to me.

One that really stayed with me was a quiet moment between a bride and her dad. All the bridesmaids had already left for the ceremony, and it was just the two of them in the room. Her dad walked in carrying two glasses and a bottle of whisky, a special one the bride had gifted him year after year for his birthday. They had a tradition of only opening it to celebrate meaningful moments together, and this was one of the biggest. They shared a quiet toast before heading out a simple, beautiful ritual that spoke volumes about their bond.

Another unforgettable moment happened while I

was doing a bridesmaid's hair. I just happened to be filming some content when the bride walked in holding an envelope for her mum. I instinctively turned the camera toward them, not knowing I was about to capture something so touching. The mother of the bride opened the envelope, read the note inside, and immediately began to cry. They embraced, and through tears, her mum said, "I always wanted a girl. I didn't get the chance to have more children, but that's okay- you are all I ever could have asked for." It wasn't until I reviewed the footage at home that I truly heard the audio and took in the moment. I was in tears -it was one of those rare, beautiful exchanges that I'll never forget. Moments like these remind me how lucky I am to do what I do.

## What is an eco conscious hairstylist?

Kate: An eco-conscious hairstylist is a hairstylist who actively works to reduce their environmental impact through thoughtful, sustainable, and ethical practices in their work. This means considering how every product, tool, and service affects the planet, animals, and people. It's a hairstylist who actively changes their practices to become more sustainable.

## Why is sustainability so important to you?

Kate: Sustainability is really important to me as I believe a small change is better than no change at all. We all need to do our bit to protect the planet and its future, with all the beauty it holds our future and our children.

## What steps do you take to ensure your services are eco-conscious?

Kate: Each year, I carefully review and refine my practices to ensure my work stays as sustainable as possible. From carrying a mini bin with me to responsibly manage and recycle waste on the go, to partnering with Ecologi and planting a tree for every bridal booking to help offset my carbon footprint, sustainability is at the heart of everything I do.

All of the products I use come from brands that share my values, prioritising eco-friendly practices such as eco friendly packaging. Every item in my kit is vegan, cruelty-free, and chosen



with sustainability in mind, so you can feel confident your wedding hair is both beautiful and kind to the planet.

### How do you source your vegan and cruelty free products?

Kate: During my time as a salon manager, I had the opportunity to work with some incredible brands that place sustainability at the heart of their mission. I've also done extensive research into leading eco-conscious brands that don't just talk the talk - they deliver exceptional product quality too.

Brands like Color Wow, Maria Nila, and For Reasons truly embrace ethical and sustainable practices across every aspect of their business, making them trusted staples in my kit.

### What is your proudest moment as a stylist so far?

Kate: There have been a few moments throughout the last 5 years that I've been proud of but my two standout moments are winning the south west wedding awards 2024 and launching my podcast "i do and updos. Both have been a dream of mine and last year I managed to achieve both!

### What's a typical wedding morning like for you?

Kate: This is a tricky one, as timelines can vary quite a bit from wedding to wedding, but I do have a well-honed routine that keeps things running smoothly.

The night before, I prep everything: stock is checked, the car is fuelled, alarms are set, and I double-check the location so I know exactly where I'm headed. I always build in an extra 30 minutes of travel time, just in case I get lost (which does happen - I've ended up in a field thanks to a rogue postcode more than once, and yes, I've even jumped a fence or two in the dark to reach an Airbnb or bridal prep location!).

I bring along my hydro flask, pack a lunch, and defrost one of Emily English's delicious "palpable breakfast muffins" the night before to stay fuelled, healthy and to avoid being tempted by a leftover croissant. I hate being hangry on a wedding morning! On the day, I allow 15 minutes for setup. When planning your timeline, I



recommend:

45 minutes per bridal party member

1 hour to 1 hour 15 minutes for the bride or nearlywed

Plus any additional time if I need to relocate between prep spaces

I always leave the final hour before the ceremony as buffer time -this is when everything tends to happen at once: touch-ups, getting into dresses, toilet breaks, last-minute photos... it's often the most intense hour of the morning!

Once the bride or nearlywed heads off to meet the registrar, that's usually my cue to quietly pack down and head off, unless I'm staying on to create a second look later in the day.

### How do you stay calm and keep the energy positive on such a big day?

Kate: Something small almost always goes off-plan on a wedding morning - and that's completely normal. I pride myself on staying calm and level-headed, even in the middle of chaos. Having been a bride myself, I truly understand how overwhelming the morning can feel, and I'm tuned in to those subtle signs of stress or anxiety.

I regularly check in throughout the morning to see how my nearlywed is feeling and offer support in any way I can, whether that's building in extra time for a quick venue check, pouring a calming drink, or simply offering a quiet

moment to breathe. It's the little things that make a big difference.

I also bring a speaker in my kit bag so the vibe stays upbeat and relaxed with the nearly-wed getting to set the mood with their own playlist. It's all about creating a calm, fun, and memorable start to an unforgettable day.

**Do you have any rituals or must haves in your kit ?**

Kate: No rituals, but my "must have kit items": I always carry an "oh shit" kit bag with me for all those last minute "darn I forget this" moments- from superglue to boob tape, to mints and tampons, it's all in there. You will also always find a bottle of Color wow dream coat and firm hold hairspray and a bottle of anti humidity protection spray to keep those frizz free locks at bay, i dont go anywhere without these.

**Tell our brides how we find you ? (Social media platforms? Website ? Address? )**

Kate: I'm on all socials

INSTA: @ sayyesbridalstylist

FACEBOOK: @sayyesbridalstylist

TIKTIK: sayyesbridalstylist

WEBSITE: Say Yes Bridal Stylist: Eco conscious, cruelty free, vegan friendly | Relaxed alternative hair| Gloucestershire

[www.sayyesbridalstylist.com](http://www.sayyesbridalstylist.com)

Find our more about my podcast too: I do and up dos: the honest podcast the showcases unique wedding suppliers- available to stream on you favourite podcast platform

Instagram: @ Idoandupdos

TIKTOK: @idoandupdospodcast

Website: <https://idoandupdos.buzzsprout.com>





# ECO BRIDE AMY

## Suppliers:

**Location** - Lapland @lappiexperienceofficial

**Photographer** - Sun and Snow Weddings  
@sunandsnowweddings

**Bride**-Amy Louise @Amy.lou.372

**Wedding dress**- Bridal Reloved Barnstaple  
@bridalrelovedbarnstaple

**Designer** - Enzoani @enzoani

**Flowers** -

**Coat**- £20 from a vintage shop

**Hairband** - Flowerblossom from  
the PERLA collection by Halo & Co @  
Perla\_byhaloandco

**Suits**- Coombes Menswear @

**Girls outfits**- River Island  
@riverisland

**Wedding planner** - Sun and Snow Weddings  
@sunandsnowweddings

**Flowers**- Sun and Snow Weddings  
@sunandsnowweddings



A

my and Chris's wedding was the perfect fusion of festive enchantment and heartfelt romance. Picture it: a breathtaking Lapland backdrop, softly falling snow, twinkling fairy lights, and the warm glow of love in the crisp winter air. Their celebration on Christmas Eve Eve wasn't just a wedding—it was a storybook moment brought to life.

From a reindeer-drawn sleigh gliding through the snow to a serene hot tub under a canopy of stars, their day was pure magic. It embodied the intimacy of a quiet winter night, the sparkle of Christmas, and the deep joy of two hearts becoming one. A celebration wrapped in warmth, wonder, and the kind of enchantment that only the Christmas season can bring.







# Interview with Bride Amy

## How did your partner propose?

Amy: When I was unwell and off work, he asked me if I wanted anything and I said we haven't got anything I want (the pantry was bare!). He then produced my favourite chocolates and when I opened them to take one out there was a ring in there! I looked up and he was on one knee. When I exclaimed that he can't propose when I am poorly, he said some lovely words about how he loves me every day, good and bad. We have been together for 14 years and have 3 children, so I really wasn't expecting a proposal.

## When and where was your Wedding?

Amy: 23rd December 2024, Levi, Lapland.

## Why did you choose your Wedding venue?

Amy: We have always wanted to take the children to Lapland. We wanted to have a wedding with just our 3 children. Going to Lapland would add some extra magic. We didn't want guests as we wanted it to be all about our family. The children each did a reading, our eldest son wrote his own and Chris and I wrote our own vows

## How did you decide on your Colour scheme?

Amy: We just decided to not upstage the snow! So we chose white/ivory as our main colours. Only roses can survive the cold - so we chose white roses.

## Did you have help with Planning or Styling?

Amy: We had an amazing wedding organiser called Rue who sorted all the paperwork so that it was a legal Finnish wedding. She provided us with all the choices for your venue, bouquet, transport etc. Rue has her own company called Sun and Snow Weddings and I can't recommend her enough!

## How did you choose your Photographer?

Amy: Rue has a photographer that she works with in Levi, Finland. So we had the pleasure of his company for 2 hours on our special day.

## Describe your Big Day?

Amy: Relaxed, magical, and intimate.

## How did you bring the fun to your Wedding Day?

Amy: A reindeer ride! A hot tub under the stars at the end of the day!

## Who was the designer of your Wedding dress?

Amy: Enzoani (hairband: Perla)

## Was it important to be an Eco Bride ? / Why did you choose Bridal Reloved?

Amy: To be honest, I just wanted to find a dress that wasn't going to cost more than the wedding! Plus I wanted to visit somewhere that had a range of styles and I wanted to feel comfortable and have fun with the bridal shop owner, and I found all of those things with Kimberley at Bridal Reloved.

## What food and drink did you have?

Amy: Glögi (Finnish spiced wine similar to mulled wine) for the adults and hot chocolate for the kids - to warm us up. Followed by too much red wine! My wine glass froze to the floor whilst I was in the hot tub...but it was about -15). We each chose our meals. The highlights were reindeer stew with lingonberries and the birch creme brulee. Our 'wedding cake' was a gingerbread house!

## Who walked you down the aisle?

Amy: Because in Finland we did it the Finnish way. I walked into the ice chapel and paused. Chris (the groom) turned and then walked to meet me and we walked down the aisle together.

## Who caught your bouquet?

Amy: I didn't throw it!













### What was your first dance?

Amy : We didn't have one - but we did have a dance at Helsinki airport whilst waiting for our plane! There was so much space and the music was playing and it was so lovely to be carefree, in a place full of strangers and only have eyes for each other. It also embarrassed our 3 children which was an added bonus.

### Why did you decide on a Christmas wedding?

Amy: My mum passed away on Christmas day evening / Boxing Day morning, so I knew if I wanted my mum to be there, we should have a Christmas wedding. And she was! On Christmas evening we saw the Northern Lights and a shooting star!

### What's your favourite thing about Christmas?

Amy: Snow! Christmas markets! Seeing the children so excited! Beautiful Christmas lights everywhere! Oh and the music!! One of our wedding songs was Hallelujah by Pentatonix

### Where did you go on honeymoon?

Amy: We haven't! The wedding was a wedding and honeymoon rolled into one!



### Would you have done the day differently?

Amy: Is there anything you would have changed? No - I just wish I could do it all again - it goes so quickly!





















# Secluded & Stylish

**F**rom the moment I arrived, the serene countryside and breathtaking views promised a retreat of pure relaxation. The rolling fields, the peaceful ambiance, the luxurious accommodation—it all felt like the perfect haven for unwinding.

Wait... hang on a minute! I wasn't here for a tranquil escape—I was here for a Hen Do! And what a celebration it was. The stunning setting became the backdrop for an unforgettable weekend of laughter, fun, and a touch of indulgence. With a private hot tub, endless countryside to explore, and the historic charm of Stratford-upon-Avon just minutes away, it was the perfect mix of elegance and excitement. A weekend of making memories, celebrating friendships, and, of course, raising a toast (or two) to the bride-to-be!



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# ECO BRIDE SOPHIE



## Suppliers:

**Bride** - Sophie Bradley

**Photographer** - Dan

**Venue** - The Harbour Hotel  
& Spa

@harbour\_hotels

**Dress** - Bridal Reloved

@bridalreloved

# Interview with Bride Sophie

## How did your partner propose?

Sophie : We were on holiday in New York celebrating my 30th birthday. He proposed at the top of Rockefeller Centre in a quiet corner as he knew I'd hate to have lots of people staring!

## When and where was your Wedding?

Sophie : Our wedding was on New Years Eve 2024, in St Ives, Cornwall. The venue was The Harbour Hotel and Spa.

## Why did you choose your Wedding venue?

Sophie: They promoted elopement weddings which we were initially interested in, and then accommodated our requests to have a very small, 10 person wedding. We loved the location in St Ives and the hotel was beautiful. The staff also couldn't have been more helpful. I was 10 weeks pregnant at the time of our wedding but I hadn't told my family yet and so the staff were very discreet and made sure to only give me alcohol free alternatives so my family never caught on.

## How did you decide on your Colour scheme?

Sophie: With very little planning haha. As we were travelling down from Leicester we didn't have much space in the car, for the flowers we went to a local florist on the morning of the wedding and chose from the selection they had. One of my family members is great with flower arrangements and so worked her magic and turned them into the bouquet and button whole flowers.

## Did you have help with Planning or Styling?

Sophie: No I wanted a very low key wedding and so there wasn't too much that needed to be planned/ styled. The hotel were great though when it came to setting up the room where we actually got married in.

## How did you choose your Photographer?

Sophie : We looked online for local photographers who specialised in small/ elopement weddings. We found Dan's instagram page and his photos looked great.

## Describe your Big Day?

Sophie: It was just what I wanted. We were so lucky that the weather was clear and sunny (although cold!) and we had a wonderful breakfast in the hotel before heading off into St Ives to buy the flowers. We came back to the hotel around 1pm to get ready for our 3pm ceremony and I'm so glad we did go out in the morning as it meant I wasn't sat in the room letting the nerves build!

The actual ceremony and photos flew by and before we knew it we were having drinks and canapés with family. We then went and had a 4 course meal that the hotel had planned for a New Year's Eve celebration and then following this we walked into St Ives to watch the fireworks at midnight.

## How did you bring the fun to your Wedding Day?

Sophie: Every year, St Ives has a huge New Years Eve celebration where everyone dresses up in fancy dress. Obviously we were dressed as a bride and groom watching the fireworks surrounded by Chewbaccas, foam bananas and Mario's. It was so much fun.

## Who was the designer of your Wedding dress?

Sophie: Rita Mae

## Was it important to be an Eco Bride ? / Why did you choose Bridal Reloved?

Sophie: I was recommended Bridal Reloved by my sister in law whose friend had had a really positive experience. I found wedding dress shopping really overwhelming but the ladies at Bridal Reloved made it so fun and easy. I actually ended up choosing the first dress I tried on.

## Who caught your bouquet?

Sophie: I forgot to throw it !!



### What food and drink did you have?

Sophie: We had champagne and canapés before the main meal (well I had a non alcoholic Prosecco). And then for the main meal there was 4 courses, we started with soup followed by a choice of starters- mine was a crab tart, but there was also options for salmon, duck and a vegetarian option. For mains I had Guinea Fowl and the other options were sea bass, beef or a vegetable tart. For desert I had sorbet, other options were champagne jelly, chocolate torte, and cheesecake.

### What was your first dance?

Sophie: We didn't actually have a first dance. It was a wedding tradition that I wanted to leave out. Although we did end up dancing to ABBA dancing queen down in st Ives before the fire works went off so I suppose technically it was that.

### Why did you decide on a New Years Eve wedding?

Sophie: I loved the idea that everyone around us would be celebrating too. It's also very easy to remember the date for the anniversary 😊

### Whats your favourite thing about New years eve ?

Sophie: New Years Eve in St Ives is so magical. Everyone really gets into the spirit of it, as mentioned above its fancy dress and the costumes are so fun to look at. They also have an amazing firework display every year which is lovely. There's something about being away in between Christmas and new years that is reviving, and you get to ring in the new year by the sea. It's perfect.

### Where did you go on honeymoon?

Sophie: We haven't been anywhere yet, we are planning a small honey moon/ baby moon in April hopefully.

### Would you have done the day differently? Is there anything you would have changed?

Sophie: No I loved everything about it, it all went perfectly.



# Runaway Romance

## Suppliers:

**Photography** - Josie Hextall  
Photography

@Josie\_hextall\_photography

**Dresses** - Bridal Reloved  
Peterborough@bridalrelovedpeterbo  
rough

**Models** - Grace & Ben

**Hair Stylist & MUA** - Alice Snell

**Venues** - Queensgate Shopping  
Centre, Bean Around and Stagecoach  
buses. Bridal Reloved Peterborough  
boutique









# RUNAWAY ROMANCE

#weddinginspo

**P**lanning a whimsical, intimate, and budget-friendly festive elopement? This enchanting shoot captures the essence of a couple who chose simplicity, sentiment, and each other above all else!

In a world of grand venues and endless guest lists, this couple chose something different—something deeply personal.

She wore a pre-loved dress, delicate and timeless. He wore his father's vintage jacket, rich with memory. Together, they returned to the city where they first met, letting the snow and Christmas lights be their witnesses.

No big announcements. No elaborate décor. Just love, laughter, and a promise whispered under the stars.

This shoot celebrates the beauty of simplicity,

the magic of winter, and the kind of love that doesn't need an audience—just a heart to hold and a hand to run with.

It's a celebration of authenticity—where love is the centerpiece, and every detail tells a story. From the soft glow of festive lights to the quiet magic of snow settling on their shoulders, this elopement proves that the most unforgettable weddings aren't always the biggest—they're the ones that feel the most like you.

Could your perfect day be one where the only guests are snowflakes and stars? (Okay, maybe a couple of witnesses too – love may be boundless, but the law still likes a signature or two.)

## *Tips for readers:*

- *Choose meaningful locations over expensive venues.*
- *Repurpose vintage or pre-loved attire*
- *Let nature and season set the mood.*









# MONOCHROME

## #weddinginspo

This exquisite contemporary Charlie Brear dress is an ideal choice for the spirited bride, seamlessly blending modern sophistication with a touch of vintage charm.







### Suppliers:

**Model:** Hannah Elizabeth

@hannahlilyelizabeth

**Venue:** The Venue on Middle Street

@thevenueonmiddlestreet

**Hair & MUA:** Toni

@tonisearlebridal

**Photographer:** Lauren Marchant  
Photographer

@laurenmarchantphotography

**Florist:** @love\_lecky\_creative

**Dress:** Bridal Reloved Tring

@bridalrelovedtring

**Content Creative:** Tanya Wedding  
Content Creator @yourreelwedding

**Props & Styling:** The Prop Library

@the\_prop\_library

**Stationery:** Long Live Love

@longliveloveuk

**Jacket:** Niamh McCarthy

@niamhdesigns

**Hair accessories & earrings:**

Annie Magen Millinery

@anniemagenismillinery











# ECO BRIDE DANIELLE



## Suppliers:

**Bride:** Danielle Anne Manton

- Kelly @enchantednanny

Groom: @whenicanhobby

## Venue:

**Hair:** Laura Mackenzie

@lauramackenziehairdesign

**Photographer:** Alexandra Szigeti

@alexandraszigetiphotography

**Florist:** Poppies Florist

@poppies\_florist\_bournemouth

**Dress:** Bridal Reloved Dorchester

@bridalreloveddorchester

**MUA:** Tara Sanger @tarasangermakeup

**Cake:** Hania Sweet Temptations

@hania\_sweet\_temptations\_inc











# Interview with Eco bride Danielle

**When did you decide to renew your Wedding Vows ?**

Danielle: We knew as soon as we first got married that renewing our vows would be important to us. We wanted to make sure that we reconnected in every decade, no matter what. Life changes you as you grow and change and a vow renewal is a way of recementing those promises as we evolve together as people.

**How did you first meet your husband? Tell us your love story?**

Danielle: Stephen and I met at sixth form, in our first psychology class. I was the new girl at a school and so I was very shy and he was as confident as a 17 year old could be! He thought I was stuck up because I barely spoke. Little did he know that I had fallen head over heels during that first conversation! We quickly became best friends, once I remembered how to talk and we realised we shared the same silly sense of humour. That friendship soon blossomed into what it is today – two best friends travelling through life together.

**When and where was your Wedding renewal ?**

Danielle: We renewed our vows in the very spot where we originally married, at St James Church in Poole on February 19th 2025. Our reception took place in the same venue too – Nusara Thai Poole, however in 2015 it was an Italian restaurant called Alcatraz.

**Why did you choose your venue?**

Danielle: Our first family home was on Poole Quay, and this building has always held a special place in our hearts. We have spent many a birthday, date night and hazy wine filled summer's evening dreaming there. It is also a stone's throw away from the church and so this part of town has always felt romantic, historical and special to us.

**How did you decide on your Colour scheme? Did you have help with Planning or Styling?**

Danielle: We just wanted everything to be simple, authentic, and traditional. No fuss, but quietly beautiful. We focused instead on fabrics and textures, keeping most things in neutral shades with my flowers offering the only real bursts of colour. Soft cardigans, silks and wools blended to give a warm and cosy feel while still looking pretty.

**How did you choose your Photographer?**

Danielle: Alex Szigeti told the story of our day. We met her on a last-minute wedding photoshoot in the snow where Stephen and I were modelling and have been best friends ever since. Her eye for detail is unmatched and I have always been in awe of her incredible work. She truly is an iconic photographer and her documentary style of work is breath taking. We were honoured to have her capture our renewal and she was also one of my bridesmaids!

**How did you bring the fun to your Wedding Day?**

Danielle: After a delectable lunch at Nusara Thai, we walked down onto Poole Quay and played at the amusements! The photos that Alex took there were so much fun because they show our family doing what we do best – having fun! Air hocky, racing games, penny slots and whack-a-mole. I am not sure who had the most fun, the adults or the kids.

**Who was the designer of your Wedding dress?**

Danielle: Suzanne Neville



Was it important to be an Eco Bride ? / Why did you choose Bridal Reloved Dorchester?

Danielle: I have chosen second hand dresses for both my original wedding and my vow renewal. I see it as a beautiful way to start a journey, starting as we mean to go on, mindfully and without waist. I believe in supporting local and also could never bare the idea of having something like a dress made only for me to wear once. Everything was purchased second hand – the bridesmaid dresses, shoes, cardigans, jewellery. I spent time looking for the finest quality items, but all second hand and sold at a fraction of what we would have paid brand new.

What food did you have?

Danielle: We ate a gorgeous Thai lunch and a huge wedding cake!

Who walked you down the aisle?

Danielle: My mother walked me down the aisle for my original wedding. This time around I wanted it to be my stepdad Ben. It was so lovely to be able to honour him and thank him for all of the support he has given us over the years. I love knowing that both of my parents have made that walk with me.

What was your first dance?

Danielle: Our first dance song was a song called 'Grow Old with You' from the movie The Wedding Singer.

Who caught your bouquet?

Danielle: My best friend Emma. Although she is already married, so she quickly passed it to bride to be TK!

Describe your BIG day ?

Danielle: A celebration of our family, the life we continue to build together, and our plans for the future.

Summarise your day in three words?

Danielle: Grounding, reflective, blessed.

Would you have done the day differently? Is there anything you would have changed?

Danielle: I would have liked a few more days off with Stephen after the actual day itself.

What made your wedding renewal so special ?

Danielle: Sharing it with our dearest friends and family 10 years on.

How was your wedding renewal different to your first wedding ?

Danielle: It was MUCH more relaxed. We spent much more time together throughout the event. I was way more in the moment and present during the actual ceremony as I wasn't nervous or stressed.

10 years what's the secret to a happy marriage ?

Danielle: Communication above all things. A relationship cannot survive without consistent communication and it must go both ways. Everything else falls into place if the communication is safely guarded and nurtured.

Did you write your own vows?

Danielle: We actually didn't. We have both always loved the vows that we said in the church and so we kept them the same.

Do you plan to renew your wedding vows again in the future ?

Danielle: Absolutely! Every 10 years at LEAST!

Anything else you would like to tell us? Any more exciting plans for your future?

Danielle: We never stand still, so I would imagine LOTS! Most involving travel and new adventures overseas!

Would you recommend renewing your vows?

Danielle: 100% It is an incredible way to reflect, reconnect, ground and propel. I honestly think I enjoyed our renewal even more than our actual wedding day, because we arrived at the altar knowing that for 10 years we have honoured every vow, every promise. It makes promising to do it all again even more special.

What do you plan to do with your wedding dress?

Danielle: I am planning to have it dry cleaned and sell it to another eco bride – she definitely deserves another run down the aisle!



# Bridal Reloved Barnstaple



## Suppliers:

**Model:** Coral Gracie @coral.gracie

**Venue:** Tawstock Court

@tawstockcourt

@dragonsgategarway

**Hair & MUA:** Brighteyebeauty

@brighteyebeautynorthdevon

**Dress:** Bridal Reloved

Barnstaple@bridalrelovedbarnstaple

**Jewellery & hairpins:** @heyjulesbridal













Featured in :

**COSMOPOLITAN**

**bride**  
planning your perfect day

**Muddy  
Stilettos**

**The New York Times**

**Hitched**

As  
seen in  
**you & your  
wedding**  
Magazine

**the knot**

**Closer**

**ROCK MY  
WEDDING**

FROM BRIDES  
WITH LOVE

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**Whimsical  
Wonderland  
Weddings**  
.COM

**marie  
claire**

**COUNTY  
WEDDING**  
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My Pies**

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**the  
Wedding  
secret.**

ROCK N ROLL  
**BRIDE**  
— APPROVED ROCKSTAR —  
**VENDOR**

**BOHO WEDDINGS**  
WEDDING BLOG AND DIRECTORY

AS FEATURED ON  
**EW**  
THE  
ENGLISH  
WEDDING  
BLOG

# Marriage Tips :



The goal  
is to laugh  
forever with  
someone you  
take seriously.



HUGS  
MATTER!  
A HUG FROM  
THE RIGHT  
PERSON  
TAKES ALL  
YOUR STRESS  
AWAY.



A BIT OF  
MADNESS IS KEY

LA LA LAND

Marriage Tip

Make time for  
romance every  
day

Bridal Reloved

Marriage Tip

Always  
remember that  
you're in this  
together

Bridal Reloved

Life is better  
when we're  
together



Marriage Tip

It's all about  
finding that  
special person  
you can annoy  
forever

Bridal Reloved



# Whispers in the Woods



# WHISPERS IN THE WOODS

#weddinginspo

A

woodland retreat and sanctuary , nestled on the edge of the Lincolnshire Wolds , set the stage for this ethereal styled shoot. Surrounded by ancient trees and the gentle hush of the forest.

This secluded haven offered the perfect canvas for a creative team to craft a vision of quiet magic. With two models stepping into the roles of a couple deeply in love, the shoot imagined a woodland wedding steeped in seasonal charm and soulful simplicity.

The ceremony space was simple but spellbinding: a clearing framed by twisted branches, with flickering lanterns casting golden light on the forest floor. A handmade arch, draped in trailing ivy and dried blooms, stood as a quiet witness to their vows.

Could a woodland wedding be for you? Where nature becomes your chapel and love is the only sound louder than the rustling leaves.





## Suppliers:

**Model:** @

**Venue:** Ashfell Woodland Retreat @ashfellretreat

**MUA:** Elizabeth Rose Clarke @travellingmakeupartist

**Photographer:** @elizabethrosephotographer

**Faux flowers:** Mayflower & Lily @mayflower\_and\_lily

**Dress:** Bridal Reloved Caistor @bridalrelovedcaistor

**Caterer:** Good Grub Club @goodgrubco

**Stylist:** Ruby & Co @rubyandcoevents

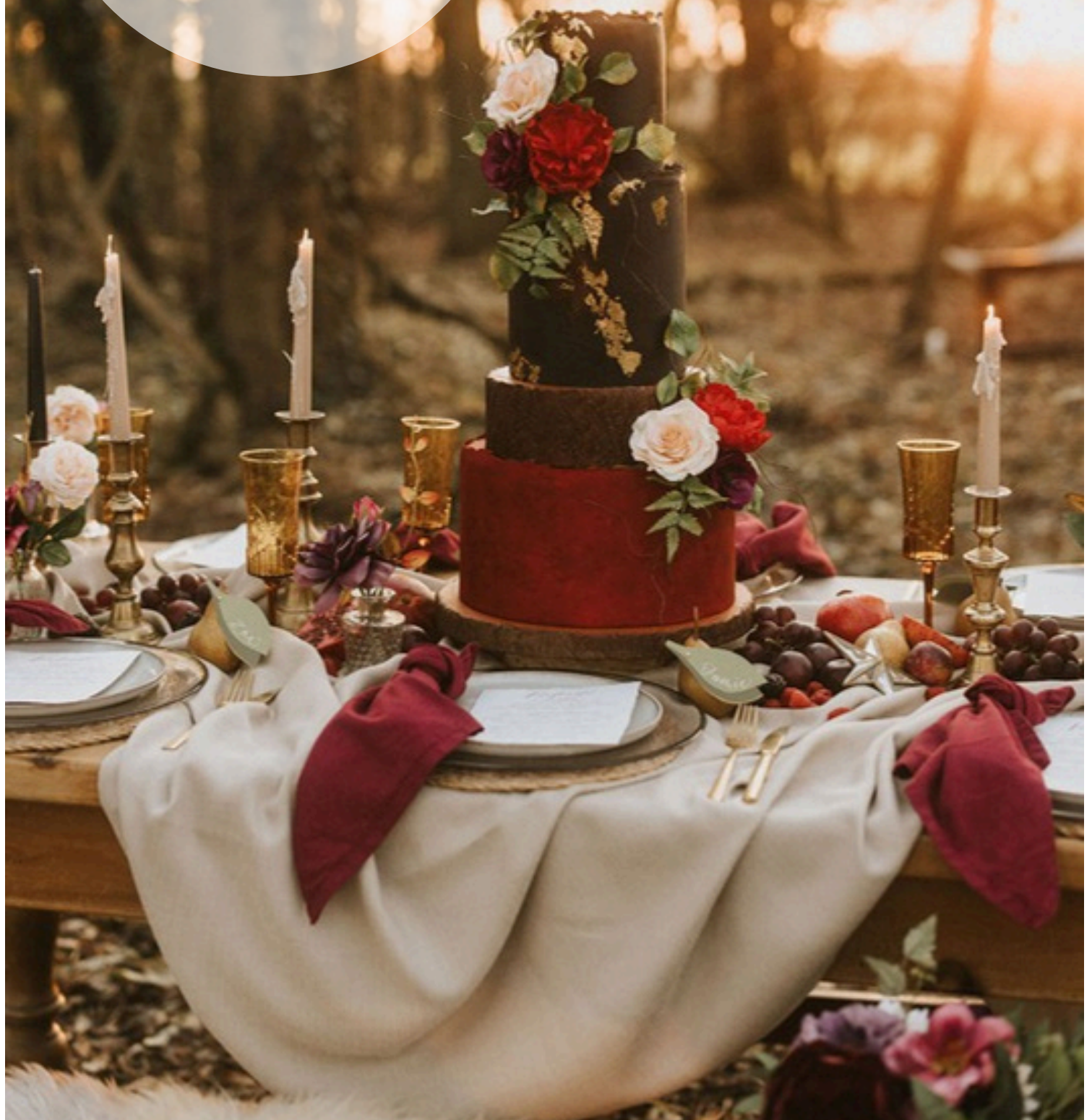
**Stationery:** @invitingwritinguk

**Cakes:** Cakes by Zoe Lincoln @cakesbyzoelincoln

**Chopping boards :** Function & Form

@function\_and\_form

**Jewellery:** Ebb & Flo @ebbandflliving











# ECO BRIDE KIRSTY

## Suppliers:

**Eco Bride :** Kirsty Thorne @kirstytx

**Venue:** Gorwell Farm @gorwellfarm

**MUA:** @

**Photographer:** Sadie Osborne Photography  
@sadiesosbornephotography

**Flowers:** P&M Read

**Dress & Veil:** Bridal Reloved Dorchester  
@bridalreloveddorchester

**Caterer:** Bennetts Fish and Chips  
@bennettsfishandchips

**Cakes:** Cakes by Paul @cakes.bypaul





















# Interview with Bride Kirsty

**Tell us how you and your Kieron met ?**

Kirsty: In the Spring of 2011, on the harbourside in Weymouth.

**How did Kieron propose ?**

Kirsty: Whilst on holiday in Antalya, Turkey, Kieron got down on one knee in the quiet comfort of our hotel room—turning an ordinary evening into one of the most unforgettable moments of my life, and the beginning of our forever. I loved that it was just us, in a peaceful space, making a memory that will last a lifetime.

**When and where was your wedding?**

Kirsty: On the 12<sup>th</sup> July at the historic St Lawrence Church in Upwey Village, Dorset. After the ceremony we celebrated with family and friends at Gorwell Barn near Abbotsbury— a stunning rustic venue nestled in a secluded valley, perfect for dancing the night away and beginning our new chapter together.

**Why did you choose your wedding venue ?**

Kirsty: Ever since I was a little girl, I dreamed of walking down the aisle in a church. For our reception Gorwell Barn felt like the perfect fit. Its rustic charm and countryside setting captured everything I envisioned for our wedding day.

**Did you have help with planning and styling?**

Kirsty: Yes we used the barns stylist / Planner AJ. She was incredible. From the very beginning, she helped us bring our vision to life, guiding us through the styling process and recommending the best local suppliers. Her support made everything feel seamless, and we couldn't have done it without her.

**How did you bring the FUN to your Wedding Day?**

Kirsty: We added a nostalgic twist by incorporating wedding photos of our family members into the venue styling. It was such a lovely surprise for them—especially the older generation—and sparked so many smiles and stories throughout the day.

**How did you decide on your colour scheme?**

Kirsty: We chose green as our focus colour, complemented by soft creams and warm browns. It gave everything a botanical, rustic feel that tied in beautifully with the natural charm of Gorwell Barn. The palette felt organic and timeless—just what we envisioned for our day.

**How did you choose your photographer ? Were you nervous about having your photo taken on the day ?**

Kirsty: It was always going to be Sadie Osborne, – her style and energy were exactly what we wanted. We'd admired her work for ages and having her capture our day just felt right. Having a pre-wedding shoot with her made all the difference. It helped us feel relaxed and comfortable in front of the camera, so by the time the big day arrived, there were no nerves—just excitement. Sadie captured everything so naturally and beautifully, and we felt completely at ease the whole time.

**Who was the designer of your dress?**

Kirsty: Jesus Peiro

**Lets talk about your Wedding?**

Kirsty: It was really important to us that the day felt relaxed and natural. We didn't want to get caught up in rigid schedules or stress over timings—we just wanted to go with the flow and enjoy every moment. Gorwell Barn was the perfect setting for that. One of the things we loved most was having access to the neighbouring cottages on the wedding night. It meant our immediate family could stay close, and waking up together the next morning was so special. It felt like an extension of the celebration—quiet, joyful, and full of love.



Was it important to be an Eco bride ? Why did you choose Bridal Reloved ?

Kirsty: I always knew I wanted a classic A-line dress—it's timeless, elegant, and felt just right for me. Finding the one at Bridal Reloved Dorchester was absolutely magical. The boutique has such a warm, welcoming atmosphere, and the team made the experience unforgettable. As soon as I tried it on, I just knew—it was everything I'd imagined and more.

What food and drink did you have ?

Kirsty: We opted for a naked cake adorned with fresh berries, made by the talented Paul at Cakes by Paul. It was simple, elegant, and fit perfectly with our rustic theme. For the wedding breakfast, we went with Bennett's Fish and Chips—a local favourite. Their mobile chip van served up freshly cooked fish and chips, which was such a hit with our guests. It added a relaxed, fun vibe to the day and felt so authentically Dorset. In the evening, we served the most delicious grazing board filled with artisan cheeses, cold meats, fresh fruit, and a selection of savoury bites. It was beautifully laid out and gave guests the chance to nibble and mingle as the party carried on.

Who walked you down the aisle ?

Kirsty: My Dad Jerry

Who caught your bouquet ?

Kirsty: I honestly can't remember if I even throw it !

Would you have done the day differently ? Is there anything you would have changed?

Kirsty: Nothing.

If you could sum up your Wedding Day in just three words what would they be?

Kirsty: Happy, Heartwarming and Memorable.

Where did you go on your Honeymoon ?

Kirsty: We went to Cape Verde, a beautiful island off the coast of West Africa. It was the perfect mix of sunshine, relaxation, and adventure after the wedding.

What do you plan to do with your Wedding Dress?

Kirsty: I haven't touched it yet but I plan to have the dress dry cleaned and then decide.











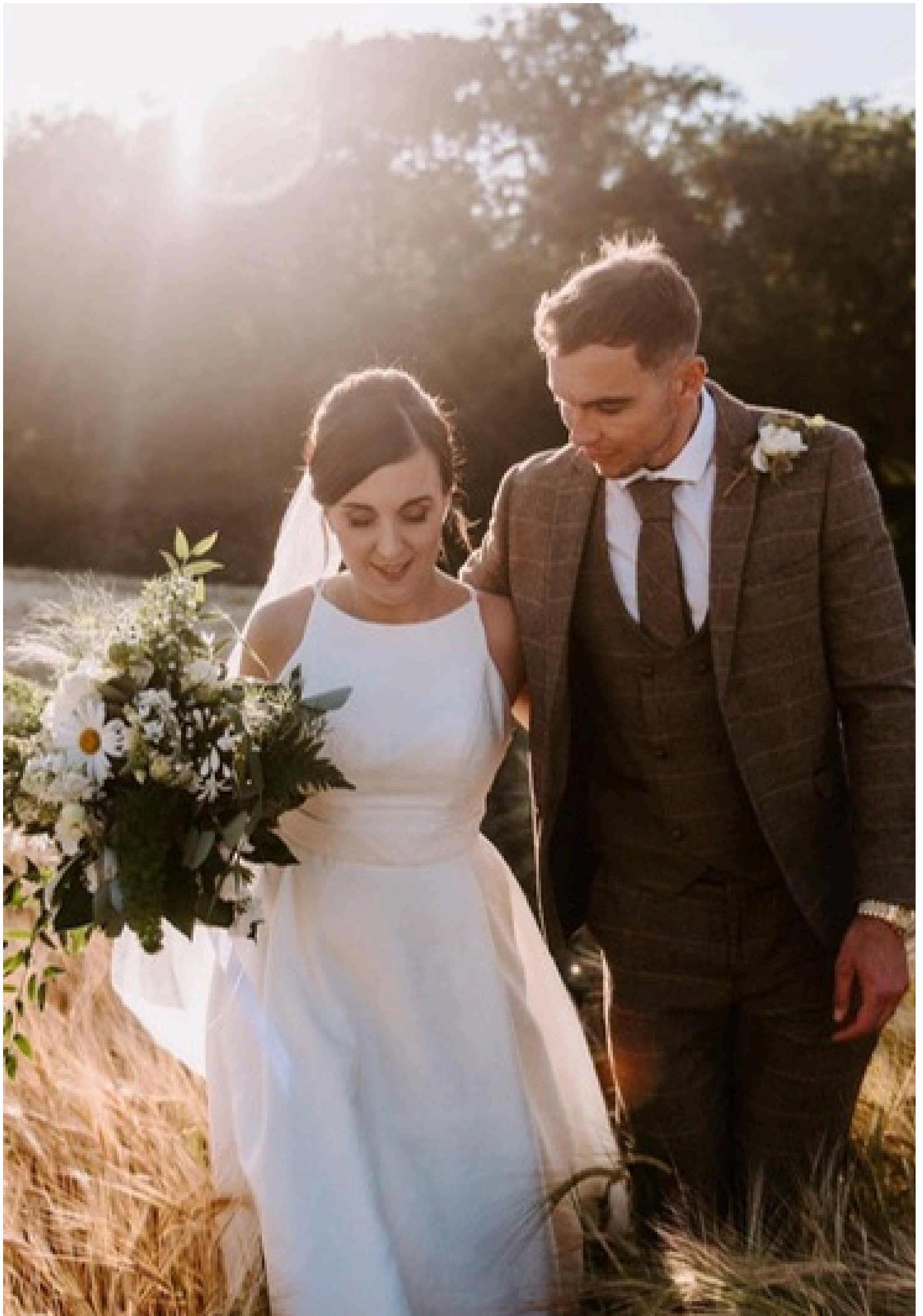












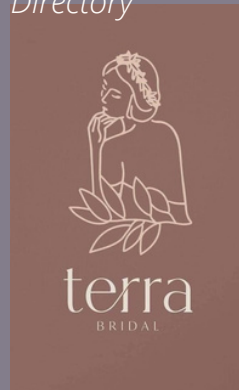




*Bridal Reloved is a multi award winning franchise that specialises in sustainable options for bridal apparel.*

*Established in 2013 the brand now has 20 boutiques throughout the uk with 5 more franchises to be launched in 2024*

*Bridal Reloved owns the brands Terra Bridal- an eco conscious curvy range, & Wedding Fix - a digital Bridal Magazine and Directory*

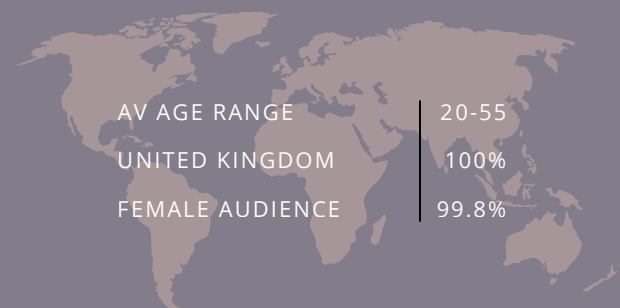


## SOCIAL MEDIA STATISTICS

|          |           |                                  |                |                          |
|----------|-----------|----------------------------------|----------------|--------------------------|
| 65K      | 24K       | 8K                               | 360k           | 7m                       |
| FACEBOOK | INSTAGRAM | followers<br>TIKTOK<br>83k likes | WEBSITE USERES | <b>MONTHLY<br/>REACH</b> |

## AUDIENCE INTERESTS

Bridal Reloved customers are Eco conscious, cost conscious and time conscious



*Bridal Reloved*



# CELESTIAL MIDNIGHT

## Suppliers

**Models:** Nicole & Nick Groom @coco.nicolex

**Photographer & Concept :** Laura Clowes  
@laurajclowesphoto

**Venue:** Standon Hall @standonhall

**Videographer:** Frankie at FJB Visuals @fjbvisuals

**MUA & Hair stylist:** Elayne @elaynesbridalfaces  
@elaynesfaces

**Dress:** Bridal Reloved Middlewich @bridalrelovedmiddlewich

**Cake:** Amy Baker @amybakerscake

**Flowers:** Bloom Florist @bloom.florist.cheshire

**Venue Stylist:** Sparkle Event Styling @sparkleeventstyling

**Suit:** Suit you Sir @suityousir

**Stationery:** Elegantly Made Co @elegantlymadeco

**Bridal accessories:** Maria Polianska  
@mariapolianska\_design

**Shoes:** Becci's Bridal Designs  
@beccibooshoes













# Awards:





# A MANOR MADE FOR MARRIAGE



## **Suppliers:**

**Venue:** Pendley Manor Hotel

@pendleymanorhotel

**Dresses:** Bridal Reloved Tring

@bridalrelovedtring

**Model:** Abbie

French@abbie\_\_french

**Photographer:** Katrina Matthews

@katrinamatthewsphotography

**MUA:** @makeuppykayleigh

**Styling:** @little.vintage.teacup

**Flowers:** @magnoliaoftring

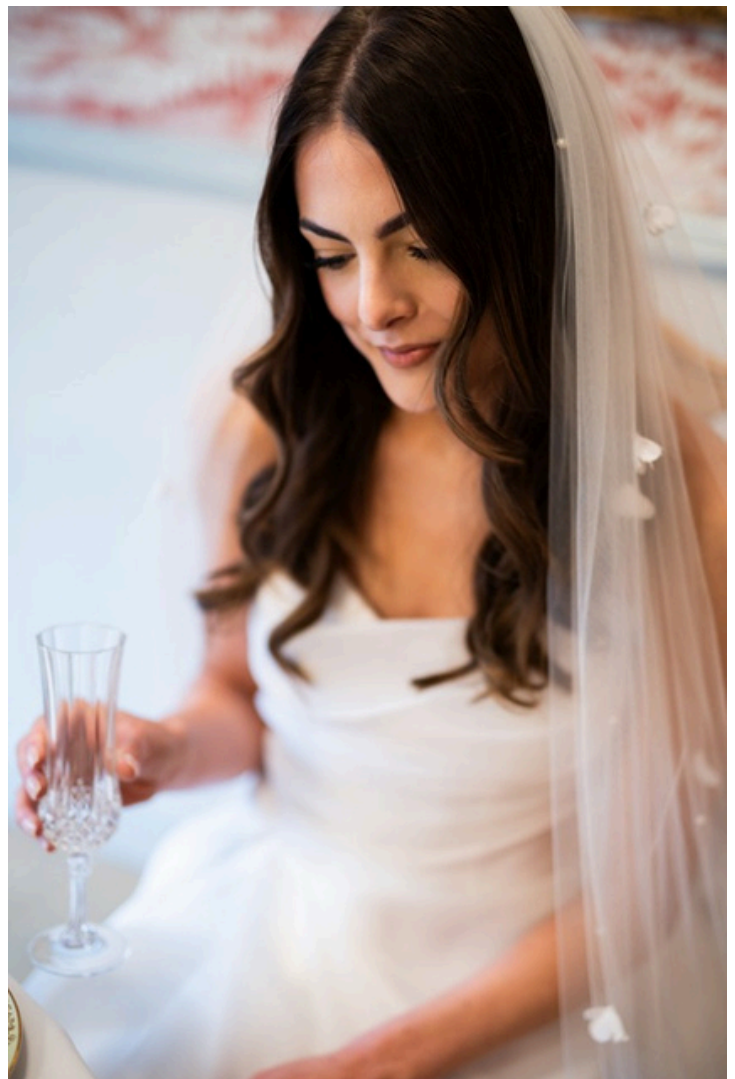


# A MANOR MADE FOR MARRIAGE

#weddinginspo

Recently, Pendley Manor played host to a breathtaking styled shoot in collaboration with Bridal Reloved Tring, a boutique celebrated for its exquisite collection of ex-sample designer gowns. Each dress radiated grace and individuality, offering brides a sustainable yet luxurious way to express their style. Floral artistry by Magnolia of Tring brought the scene to life with soft, garden-inspired blooms that mirrored the gentle beauty of the Hertfordshire countryside. Complementing the florals, The Little Vintage Teacup curated styling details that evoked the charm of an English rose garden—think delicate china, vintage textures, and whimsical touches that whispered of nostalgia and elegance.

Together, the creative team crafted a visual story that was both refined and refreshingly authentic, celebrating love in its most graceful form. The manor's timeless Victorian architecture and sweeping lawns provided the perfect canvas for this romantic vision.





















Coping  
with pre -  
wedding  
stress,  
wedding  
day nerves  
& post -  
wedding  
blues.

By Sophie Bishop Healthcare & Wellbeing Journalist



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or many, planning a wedding is an exciting time. From wedding dress shopping to cake tastings, the planning stage is full of fun activities and is a chance for you and your partner to create something special together.

However, wedding planning and the subsequent lull that comes once the celebrations are over can be anxiety-triggering for some. While it's rarely talked about, feeling anxious or depressed in the lead-up to your wedding (and afterwards) is very normal.

This article will share our top coping strategies for pre-wedding stress, wedding day nerves, and post-wedding blues. With these strategies, you can soak up the happy moments and shrug off the stressful ones.

Let's get started.

### What is Mental Well-being?

Your mental well-being is your foundation. If it's rocky, you will be more susceptible to stress, anxiety and depression. The World Health Organisation (WHO) described mental well-being as, "a state of well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community."

Prioritising your mental health is especially important during the life-changing stage of wedding planning. While it won't guarantee you're always happy or unaffected by daily stressors, it will better equip you to deal with these stressors.

Stress and difficulty are unavoidable parts of life. However, with the right tools and strategies, you can take back control.

### The Most Common Wedding Stressors

According to research carried out by LifeStyle Daily, "84% of brides report feeling stressed ahead of and during their big day, with over a quarter deeming it the most stressful event of their lives." Some of the most common wedding stressors reported include:

### Finances and Wedding Budgets

Many brides feel significant financial pressure during wedding planning.





Not only do they have a strict budget to adhere to, but trying to balance the cost of everything with your personal vision can be difficult.

### Lack of Sleep

Sleep-related stress and anxiety in the lead-up to your wedding are extremely common.

According to Olivia Marcellino, VP of Research at Recovery.com, “Anxiety can be thought of as a constant anticipation of future threats [...] the hyperarousal state caused by anxiety can make it hard to fall asleep and stay asleep.”

So, you feel anxious because you’re not getting enough sleep and you can’t get enough sleep because you’re feeling anxious.

### Family Expectations

From siblings to in-laws, family can be challenging during the wedding planning process – creating stress you simply don’t need.

Whether you’re having to navigate relationship politics or field unwarranted opinions, family can make wedding planning feel overwhelming.

### Selecting the Bridal Party

Selecting the bridal party can be extremely stressful. You can’t include everyone but equally,

you don’t want to upset anyone. This can be tricky to navigate and a significant source of stress for many brides-to-be.

### Decision Fatigue

With all the decisions we’ve listed above (and countless others), many brides experience

decision fatigue. This can lead to emotional shut-downs and overwhelm.

While you might feel disinterested in certain elements of your wedding, the likelihood is that you’re just exhausted by the pressure and you need a break.

### Societal Pressure of Perfectionism

Many brides feel the pressure to have the perfect wedding, whatever that might look like.

Enthusiastic comments from friends and family, such as “Your wedding is going to be so beautiful! I can’t wait!”, can add pressure to an already stressful time.

Thankfully, with the right planning, your wedding day will be perfect for you – come rain or shine!





# Is Pre-Wedding Stress Normal?



Pre-wedding jitters and stress are some of the most common feelings soon-to-be-married couples experience.

In fact, according to research carried out by Zola, “the top three words couples use to describe wedding planning are: exciting (70%), special (53%) and stressful (52%).” So, if you’re feeling stressed during this stage, you are not alone.

Wedding planning can put your mental health under pressure. There’s a lot to think about, plan and you want to get everything right, so it’s no wonder that you feel overwhelmed.

Whether you’re feeling the pressure from loved ones, social media, or the number of decisions that need to be made, pre-wedding stress is extremely common.

## Is Pre-Wedding Depression Normal?

Feeling depressed before your wedding is not uncommon. Getting married is a big decision, one that will change your life forever, and for some, that thought can be overwhelming, no matter how much they love their partner.

Pre-wedding depression is not the same as having cold feet. It might just be a sign that you’re feeling overwhelmed.

While pre-wedding depression can feel like a challenging emotion to deal with, it’s usually a sign that you’re feeling overwhelmed and the good news is, there are many ways you can remedy that.

## Is it Normal to Experience Post-Wedding Blues?

After your wedding celebrations are over, you can experience post-wedding-day blues. These typically come when couples experience a period of letdown after their wedding celebrations are officially over.

This is completely normal and to be expected after such an exciting time.

After all, you have been dreaming about your wedding for months (if not years), you have spent a very long time planning it, navigating the highs and lows of the planning process, and you’ve just had a big party with all of your loved ones.

The dopamine rush that comes with that can naturally come crashing down when you return to normal life. So, feeling sad once it’s all over is to be expected.

Thankfully, there are strategies to help you cope with the emotional rollercoaster of planning and wedding, getting married, and then returning to normal life. Let’s take a look.



# How to Cope with Pre-Wedding Stress, Wedding Nerves and Post-Wedding Blues

There can be a lot of stress and anxiety surrounding weddings. Below we share our coping strategies so that you can reduce your stress and focus on enjoying this new and exciting stage of your life.

## Pre-Wedding Stress

### Seek Support

Many brides feel highly stressed during the wedding planning process, particularly when they are forced to undertake the majority of the planning themselves.

To help with this, it's important to seek support from your partner, family, and friends. Delegate tasks, send people on errands, seek emotional support, and even look at hiring a wedding planner to help reduce some of those pre-wedding jitters.

### Take Care of Yourself

In the chaos of wedding planning, self-care quickly falls to the bottom of the priority list. However, it's one of the most important things you can do to protect your mental health and reduce your stress.

Making time for self-care such as taking a bath, reading a book, and getting an early night, is important to keep you on an even keel throughout the wedding planning process.

### Trigger Your Relaxing Response

The process of wedding planning means putting your catering, photography, dress, and flower bouquet and arrangements in the hands of



different suppliers. This can make you feel out of control, triggering your anxiety response.

To help ease wedding anxiety, do your best to stay active, reduce your caffeine and alcohol intake, and do something that relaxes you every day. Some people find practising mindfulness to be extremely powerful, while others find box breathing can help trigger relaxation. Find the strategy that works best for you and focus on that.



### Contact:

Email: [sophie@sophiebishop.uk](mailto:sophie@sophiebishop.uk)

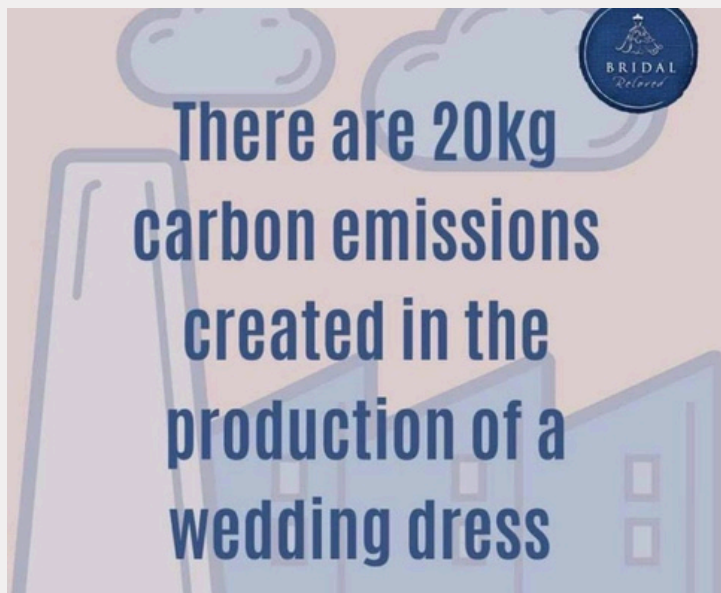
website: [www.sophiebishop.uk](http://www.sophiebishop.uk)

twitter [@sophibishjourn](https://twitter.com/sophibishjourn)

Sophie Bishop is a wellbeing and lifestyle writer.



# Eco Facts:





# RETRO ROMANCE



## Suppliers:

**Venue:** Motel Nights @motelnightsuk

**Dresses:** Bridal Reloved Cardiff  
@bridalrelovedcardiff

**Model:** Ellie Rose @ellsfaceFrench

**Photographer:** When Charlie Met  
Hannah @whencharliemethannah

**MUA:** Chloe Church Cardiff Makeup  
Artist @planetglammakeupstudio

**Hair:** Beauty Style Hair and Make Up  
@beautystylehairandmakeup

**Styling:** Quirk It @quirk\_it\_\_

**Flowers:** Lucy Coco Floristry  
@lucycocofloristry



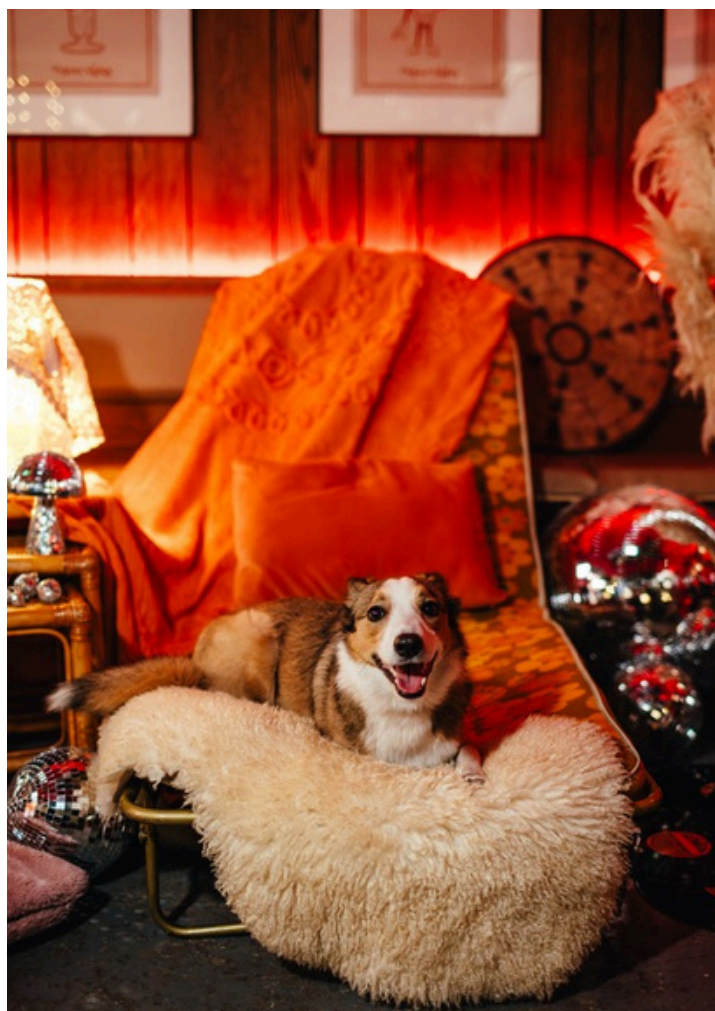
# RETRO ROMANCE

## #weddinginspo

Located in vibrant Canton, Cardiff, Motel Nights is a vibrant event venue known for its eclectic charm, neon-lit ambiance, and lively outdoor cocktail space. It was the perfect backdrop for a bold and unconventional bridal shoot envisioned by Bronwen, the creative force behind Bridal Reloved Cardiff.

Determined to celebrate individuality and break away from traditional bridal norms, Bronwen curated a colourful, 1970s-inspired editorial that radiated personality and flair. The shoot featured a dazzling array of pre-loved designer gowns reimaged for the modern, non-traditional bride—think sequins, flared sleeves, and pops of psychedelic colour. Each look was styled to reflect the spirit of freedom and self-expression that defined the era, while also championing sustainability and conscious fashion.

With Motel Nights' retro interiors and playful energy setting the tone, the shoot captured the essence of a bride who dares to be different—confident, stylish, and unapologetically herself.





















# ROCK MY DRESS



**ROCK MY DRESS**  
SUITE 4 , HARTLEY HOUSE  
29 MARKET PLACE  
BRACKLEY  
NN13 7AB

E; [sales@rockmydress.co.uk](mailto:sales@rockmydress.co.uk)  
[www.bridalreloved.co.uk](http://www.bridalreloved.co.uk)



Step into a world of romance, refinement and regency-era elegance at Rock My Dress, where every bride is the diamond of the season. Inspired by the timeless grace of the Bridgerton era, our boutique offers a curated collection of bridal gowns and accessories that blend old-world sophistication with modern femininity. From delicate

lace corsetry to sweeping silk trains, our designs whisper of garden promenades, candlelit soirées, and whispered vows. Whether you dream of a dramatic entrance worthy of Lady Whistledown's pages or a soft, ethereal silhouette fit for a countryside estate, our team, Mo and Eve, will ensure your gown tells your own love story, worthy of the ton's highest praise. Elegance is never out of fashion and neither is true love.





## Why Choose a Rock My Dress Pre-Loved gown?

In Regency times, gowns were made to last a lifetime - woven with love and care. We believe in that same tradition today. A pre-loved gown carries history, romance, and a touch of destiny.

At Rock My Dress, we believe fashion should be timeless, elegant, and kind to the planet. Join us in embracing sustainable style, because looking fabulous shouldn't cost the earth!





# SAY HELLO TO MO THE OWNER OF ROCK MY DRESS

## Introduce yourself ? Tell us about Mo ?

Mo: I'm 51, mother to two, stepmother to three, and utterly devoted to my dog Ronnie — a cheeky Colliepoo who probably gets more attention than the kids! I'm married to my amazing husband Darren; we tied the knot last year in Las Vegas. A music graduate from Aberdeen, I started out teaching secondary music before working in early years education, and I've always loved sharing creativity through business too — running a music academy and a performing arts school. The stage is my second home: I've directed musicals, performed in countless shows, and most recently embraced my inner villain as Baroness Vindicta in Cinderella. When I'm not in the boutique or on stage, you'll find me chasing adventure — preferably on the back of a motorbike — because for me, it's never about the destination; it's all about journey.

## Take us on your journey (tell us about how you found the shop building, your first styled shoot and launch event)

Mo: I'd been dreaming of Rock My Dress for a while, originally imagining it as a series of pop-up shops. But when Hartley House came up, I stepped inside and knew instantly it was perfect. With its quirky character — the wonky floors, the feature fireplace, the vintage charm — it felt like the ideal home for my boutique. Taking the leap, I spent the first month refurbishing the space with my amazing husband Darren, who threw himself into everything from painting to building bespoke rails. Together, we gave the shop its unique vintage vibe, sourcing finishing touches from local antique shops, road trips with my son in a van to pick up treasures from auctions, and scouring marketplace finds that brought it all together. We opened on March 1st with a launch party that created such a buzz in town — fizz in vintage glass tea cups, sweet treats from the local bakery, and the warm support of our community made it a day I'll never forget.



## What's one thing brides are often surprised to learn about you ?

Mo: I think they are surprised to discover that this is all new for me and that I have only been doing this for 6 months!

## What inspired you to start Rock My Dress ?

Mo: The idea for Rock My Dress actually started before I decided to go into Bridal— As a former teacher I was aware of pressure on teens and their families around Prom time and I wanted to make prom dresses affordable and sustainable, giving young people the chance to celebrate in style without waste. Then my own wedding came along, preloved all the way, and it sparked a deeper passion for helping brides find beautiful gowns that are kind to the planet. The name “Rock My Dress” was inspired by my previous career in music — it just seemed to fit perfectly, capturing both the fun and the personal touch I wanted for the boutique

## Who is your ideal bride ?

Mo: Someone creative who can imagine the next chapter of the story. She's open to adventure, appreciates a boutique experience that feels intimate and romantic, and knows that the perfect dress isn't just about the look — it's about the story she'll carry with her forever.



What does having a sustainable business mean to you?

Mo: For me, sustainability is about making choices that respect both people and the planet. Running Rock My Dress sustainably means giving beautiful gowns a second life, reducing waste, and helping brides look and feel amazing without adding to fast fashion. It's also about creating a business that lasts — one that supports my local community, uplifts women with confidence, and supports the environment. Sustainability isn't just a trend; it's a promise that every dress has a story worth continuing.

What is your favourite style of wedding dress?

Mo: I adore 1950s tea dresses — in fact, that's exactly what I wore for my wedding in Las Vegas last year. I'm also drawn to anything with vintage lace; there's something timeless and romantic about the intricate detailing that makes a dress feel truly special.

Tell us why brides should choose to buy their dress from you?

Mo: Because at Rock My Dress, it's about more than just finding a gown — it's about finding your story within a dress with a story. Every piece I stock is handpicked for its beauty, quality, and timelessness, whether it's pre-loved or new occasion wear. Brides know they're not only choosing something unique and affordable, but also making a sustainable choice that feels good for the planet. My boutique offers a warm, personal experience in a setting that feels like stepping into a romantic dressing room — a place where every bride is celebrated, every gown is cherished, and no two shopping journeys are ever the same.

What are you known for? What is your signature style?

Mo: Known for its Bridgerton-inspired charm, Rock My Dress offers romantic gowns that let every bride feel like the heroine of her own love story.

Can you share a moment that really moved you in business?

Mo: One of the most moving moments in my business was when a bride asked me to be the celebrant at her wedding. It's an incredible feeling to be trusted with such a personal and significant part of someone's day — it reminded me that Rock My Dress is about more than dresses; it's about creating memories, sharing joy, and being part of life's most special moments.

What role does sustainability play in your day to day business decisions?

Mo: Sustainability is woven into everything I do. From carefully curating pre-loved gowns and giving them a second chance to shine, to choosing packaging that's recyclable and eco-friendly, every decision is made with longevity in mind. Day-to-day, it means helping brides find a dress they love while knowing they're making a positive choice for the planet. Even the little touches in the shop — from reusing vintage décor to minimising waste — are all about creating beauty without excess.

How do you stay calm and keep the energy positive when brides come to see you?

Mo: I genuinely love every appointment — my Saturday assistant Eve and I both thrive on meeting new people. We create a calm, welcoming atmosphere with music to set the vibe and always offer a drink to start, whether it's fizz, water, or a cup of tea served in our vintage glass teacups. There are always chocolates in the sweet jar too, for those little sugar-boost moments. It's about making each bride feel relaxed, looked after, and ready to enjoy the experience.

What is your price range?

Mo: Dresses range from £150–£1000 with the average price around £500/£600

Where are you based?

Mo: Rock My Dress is based in Brackley, Northamptonshire in an upstairs vintage-style boutique. (Think Bridgerton)



**How long have you been working in the wedding industry and how do you feel about the industry being so wasteful?**

Mo: I've only been in the industry since March this year when the Boutique opened. I am so proud to be making even the smallest difference in this industry. me. So much beauty ends up in landfill after a single use, which feels both unnecessary and sad.

**How many dresses would you recommend a bride needs to try on before she finds the one?**

Mo: Some brides discover their gown quicker than Queen Charlotte can raise an eyebrow — others delight in trying on half a dozen or more before their heart whispers this is the one. There's no set number, but like any great love story, when the moment arrives, they'll simply know.

**When and why did you decide to join the Bridal Reloved family as a Sustainable Style Partner?**

Mo: I'd been following Bridal Reloved from the very start of my journey — perhaps even before. They were such an inspiration, showing me that sustainability truly matters in the bridal industry. So when I saw their advert for a Sustainable Style Partner, I reached out right away. From the very beginning, Kate and Alice felt like family. They've been a constant source of support and encouragement,

especially at the start of my journey, and I'm proud to be part of a community that shares the same values.

**Describe your Wedding ?**

Mo: I married Darren (Spike) in May 2025 in the most fun way possible — by Elvis in Las Vegas! It was just the two of us, and after saying “I do,” we rode off into the sunset on a Harley Davidson for an unforgettable adventure. When we returned home, we celebrated all over again with our family and friends. This time, my son walked me down the aisle and my daughter stood proudly as my bridesmaid, while my stepsons took on the role of best men. We hosted the day at Preston Bissett Garden Tipi, with a relaxed, festival-style celebration: afternoon tea and cocktails, a gin bath, live music, a pizza van, firepits, games, and dancing late into the night. It was the perfect blend of romance, family, and fun — two weddings, two memories, and one incredible love story.

**Tell our brides how we find you ? (Social media platforms? Website ? Address? )**

**Website:**<https://bridalreloved.co.uk/shops/sustainable-style-partner-rock-my-dress-brackley/>

**EMAIL:** [sales@rockmydress.co.uk](mailto:sales@rockmydress.co.uk)

**INSTAGRAM:** @rock\_my\_dress

**FACEBOOK :** Rock My Dress

**Where can we find Rock My Dress?**

Suite 4 Hartley House  
29 Market Place  
Brackley  
NN13 7AB







SALES@ROCKMYDRESS.CO.UK



DESIGNER: WHITE ROSE

SIZE: 14

RETAIL PRICE: £1450  
CONDITION: RELOVED

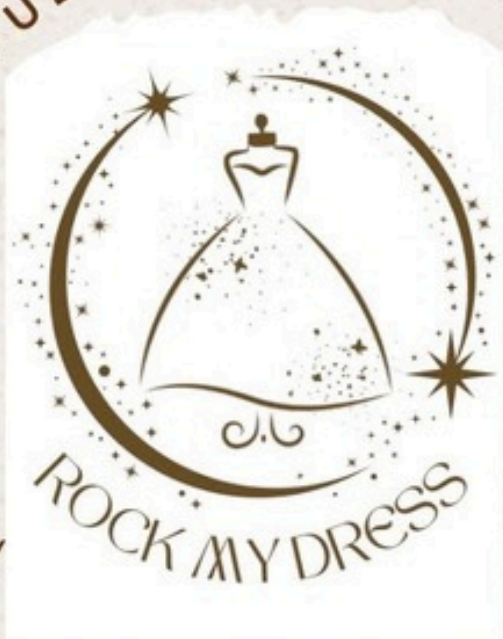
OUR PRICE: £600







BEAUTIFUL GOWNS WITH  
A STORY TO TELL



Sustainable Glam Starts Here!

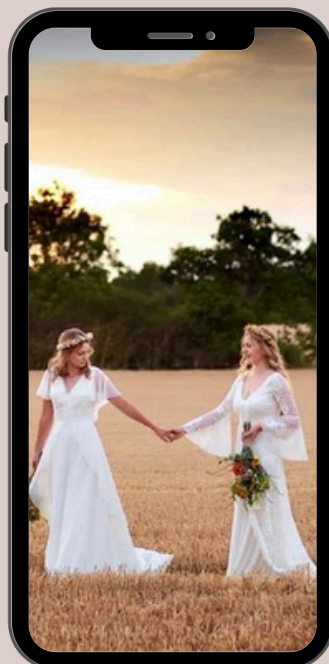
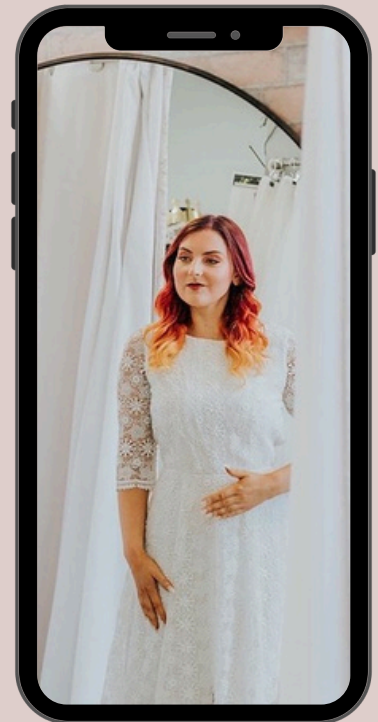
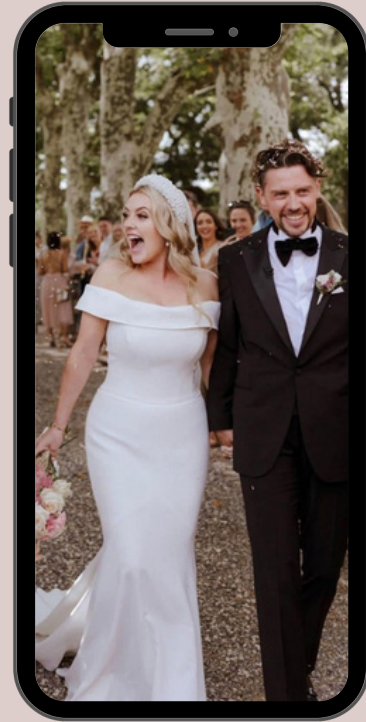
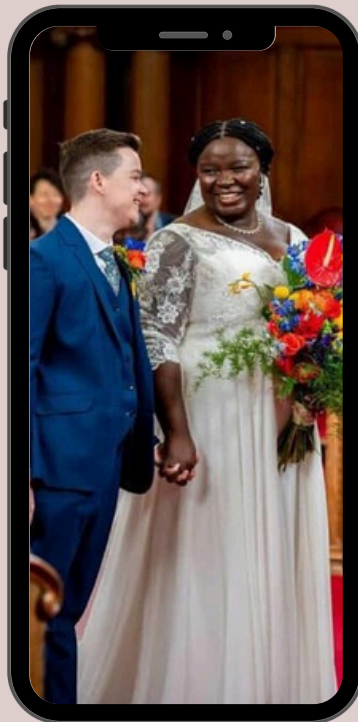
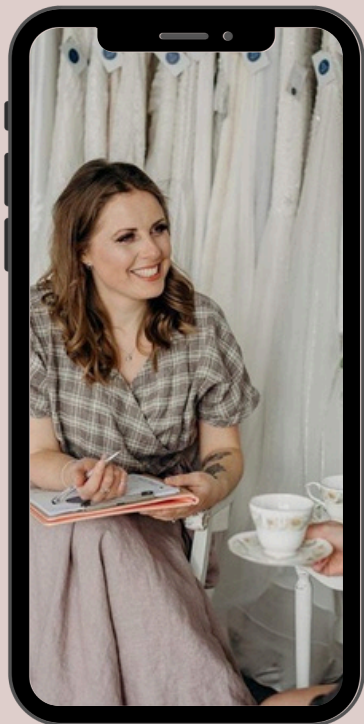




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# Us

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Each boutique has its own dedicated pages. Visit our website for links

[www.bridalreloved.co.uk](http://www.bridalreloved.co.uk)



# Why Franchise With us



2025/26  
Territories  
Available!



Proven Business  
model



Training and  
ongoing support



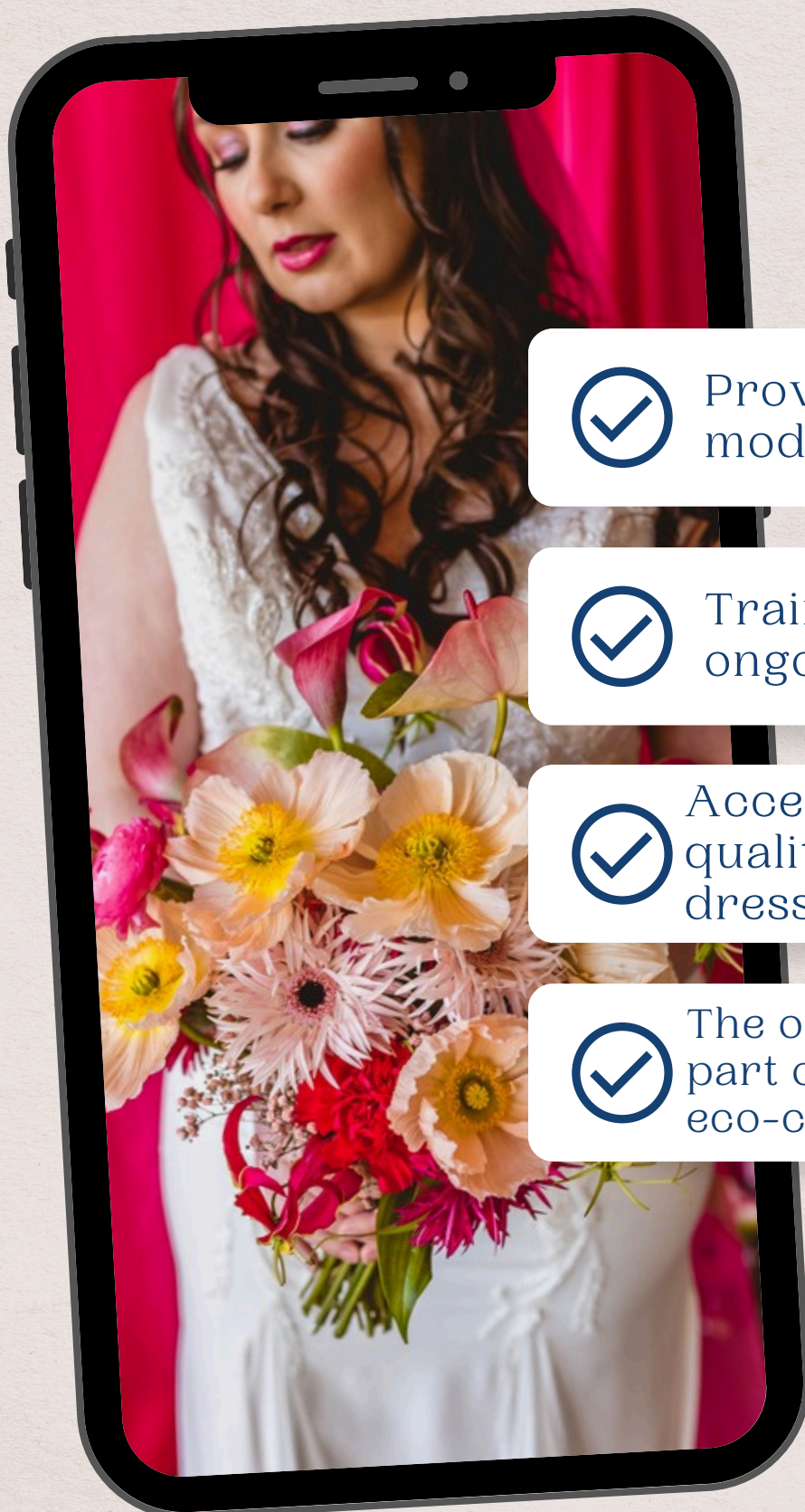
Access to high-  
quality designer  
dresses



The opportunity to be  
part of a growing,  
eco-conscious brand

Email us to  
find out more

[Alice@bridalreloved.co.uk](mailto:Alice@bridalreloved.co.uk)





# PEGASUS DISCO

"Pegasus Disco was born out of working for a Multi DJ company in Christchurch that I was subsequently made redundant from in 1997, I actually started out under a different name back in 1990 but wasn't really focused on just one type of event.

There didn't seem demand for Wedding DJ's back then; we all just did whatever work came our way. I didn't really notice any difference until around 1996 when Wedding Fairs started popping up locally.

I'm often asked, "what's my favourite song of all time?" which is quite simple to answer. When you look through old photographs it evokes a memory and, well music has the same effect but also your mood can be affected. So the simple answer is 'no' I don't have a specific favourite as it changes depending on my mood and what I am doing at the time.

My ideal couple are people who like me and what I offer as a DJ / Host and are open to different ideas to keep themselves and their guests entertained.

My favourite wedding venues would be one with easy access (no stairs, ha ha!) I've worked in quite a few now over the last 30 years and they all offer something different but would have to say Kingston Maurward or Gorwell Barn would have to be close to the top.



**Keeping you & your guests entertained from the moment you arrive at the venue;**

**Ceremony Music**

**Hosting**

**Interactive Fun & Games**

**Evening Party**

**Selfie Wizard**

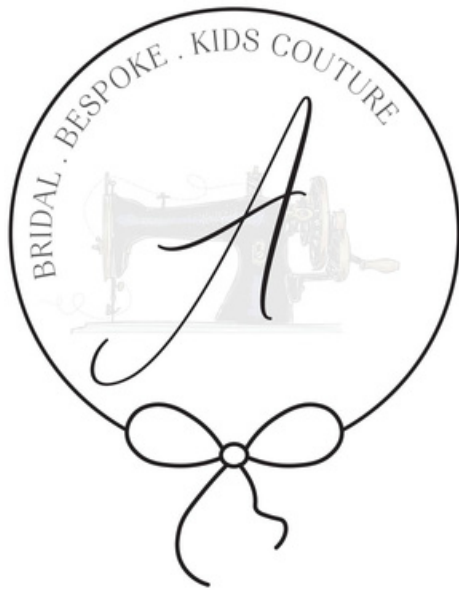
**[Pegasusdisco.co.uk](http://Pegasusdisco.co.uk)**











Gemma Hopkin  
CREATIVE

COASTAL  
TENTS

Amazing  
FACE  
BRIDAL HAIR & MAKEUP

Lotus  
PHOTOGRAPHY

FJB Visuals  
WEDDING STORIES



THE  
REBRIDAL  
BOUTIQUE



SUSTAINABLE  
WEDDING ALLIANCE



Sy

Wild jar

BY JESS



Kirsten  
Sare  
makeup artist





# CONTRIBUTORS

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Bridal Reloved Peterborough @bridalrelovedpeterborough  
Bridal Reloved Tring @bridalrelovedtring  
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Quirk It @quirk\_it\_

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Cakes by Paul @cakes.bypaul  
Amy Baker @amybakercake

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Grace and Ben  
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Coral Gracie @coral.gracie  
Nicole & Nick Groom @coco.nicolex  
Abbie French @abbie\_\_french  
Ellie Rose @ellsfacefrench

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Olivara Blooms @olivarabloomsweddingsevents  
Love\_lecky\_creative  
Poppies Florist @poppies\_florist\_bournmouth  
Mayflower & Lily @mayflower\_and\_lily  
P&M Read  
Bloom Florist @bloom.florist.cheshire  
@magnoliaoftring  
Lucy Coco Floristry @lucycocofloristry

## VIDEOGRAPHER

FJB Visuals @fjbvisuals

## ENTERTAINMENT

Pegasus Disco @pegasusdisco



# Advertise in Wedding Fix Digital Magazine and on our Directory

We launched Wedding Fix in 2017 as a trial and used the printed and download magazine for 2018 & 2019. We had big plans for 2020, but as you know, nature had other plans for the world. Coming out the other side of the pandemic with double the weddings being planned, we thought it was time to re-launch Wedding Fix, not only as a downloadable magazine but also as a directory. Expect Industry news, wedding inspo, real brides and creative shoots.

Bridal Reloved alone has a combined social media reach of 15 million unique users and over 420,000 unique users to Bridal Reloved website per year, so we're confident your business will be in front of the right audience.

Our Editor Charlotte Burton has a wealth of experience of the wedding industry. She lives and breathes the wedding industry and cannot wait to showcase your business in Wedding Fix.

**Want to know more? Email: [hello@weddingfixdirectory.com](mailto:hello@weddingfixdirectory.com) | Call us: 01305 251808**



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