

# BRIDAL GUIDE

MARCH/APRIL 2019

# 750+ STYLISH WEDDING IDEAS

CHIC VENUES  
DAZZLING DECOR  
PERFECT DETAILS

**GET THE  
GLOW!**  
EXPERT  
TIPS FOR  
FLAWLESS  
SKIN

*FASHION  
ISSUE!*

**IT'S ALL  
ABOUT THE  
DRESS**  
BEST NEW  
LOOKS  
FOR EVERY  
BRIDE

**BUDGET  
S.O.S.  
AVOID  
THESE  
HIDDEN  
COSTS!**

# WOW factor!

www.bridalguide.com

\$6.99US \$7.99CAN 03>

0 71658 06143 9

DISPLAY UNTIL MARCH 19, 2019

50 CREATIVE WAYS TO  
PERSONALIZE YOUR DAY

# JUMP START

Get on the fitness fast track with these fab finds. by Mary Clarke



◀ Athleisure, elevated. Athleta Circa Track Dress and Shaker Stitch Scarf, athleta.com



▶ The Vitamix Aer disc container comes with a special blade that lets you whip, emulsify, muddle and foam. vitamix.com



◀ This water is ionized and alkalized for purity, improved hydration and better taste. essentia.com



▶ Set your wakeup time, place your Pixel 3 on the Pixel Stand and ease into the day as the screen brightens over 15 minutes before the alarm goes off. store.google.com

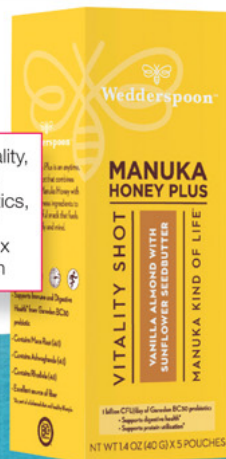
## Chilled Chai Latte

1 cup cold skim milk  
1½ cups chai tea, brewed  
½ teaspoon ground cinnamon

Place milk into the Vitamix Aer disc container and secure the lid. Select the lowest setting. Start the machine at the lowest setting, slowly increasing to level 6, and run for 30 seconds. Stop the machine and remove the lid. Add chai tea. Secure the lid, select level 8 and pulse 3 to 5 times to incorporate. Serve over ice, topped with a pinch of cinnamon and sweetener, if desired. Makes 2 servings.



▶ Manuka Honey Plus vitality, clarity and immunity shots are enhanced with probiotics, adaptogens and more for on-the-go well-being. In six flavors, wedderspoon.com



▶ Super-springy Brooks Running Bedlam features support designed to protect knees, brooksrunning.com



▶ Achieve next-level de-stressing atop Gaiam's Zafu meditation cushion, amazon.com



◀ WW Healthy Kitchen Cook Up Comfort, by Chef Eric Greenspan, available at WW (formerly Weight-Watchers) Studios and WW.com