

# 7 Things to Do the Night Before Your Wedding

Your big day has almost arrived! The day before your wedding can be the most exciting yet stressful day of all. To help you ensure everything goes according to the plan, we've prepared the ultimate list of things you'll want to do the night before your wedding.

1

## Enjoy a Healthy Meal

It might be tempting to grab a pizza or hamburger to avoid the hassle of cooking. Resist the urge, because you will not feel your best after doing it. Having fresh vegetables and whole grains instead allow you to wake up feeling brand new on your wedding day!

2

## Drink a Lot of Water

Remember, the more hydrated you are, the better you'll look and feel. Plus, no caffeine after lunch — this will interfere with your sleep.

3

## Pack a Small Bag of Essentials

Put together a bunch of must-have items such as lipstick, breath mints, eyelash glue, and anything else you might want to have on hand on your wedding day.

4

## Charge Your Phone

Make sure that you fully charge your phone overnight. Not that you are going to use it much during the day, but it's good to have it on hand to take a quick pic of you and your girls.

5

## Practice Your Vows

The night before the wedding is a perfect opportunity to read through your vows. This will make you feel confident when it comes to saying them aloud on the wedding day.

6

## Say a Big "Thank-You"

Thank people for being by your side and catering to your needs during this adventure. Give an extra hug to your amazing bridal party and family members.

7

## Relax and Rest

Try to enjoy the moment! Watch something fun and enjoyable on Netflix, do some meditation or turn on your favorite playlist. And most importantly, get a good night's sleep!