

## SO, YOU'RE GETTING MARRIED!

Making the commitment to spend the rest of your life with someone is a big step, so it isn't surprising that at some stage during the preparations and build up some people experience a few butterflies or emotional highs and lows.

Instead of taking it out on your nearest and dearest, or indeed bottling it up and making yourself feel worse, why not try Bach Rescue™ Remedy?

## RESCUE™ REMEDY

Rescue Remedy can provide quick and easy reassurance at times of emotional demand. With just 2 sprays or 4 drops on the tongue, it assists the return of a more positive outlook.

Rescue Remedy can help you cope with challenging situations such as before a driving test or after receiving bad news and is invaluable when trying to juggle the demands that organising a wedding can bring.

Rescue Remedy is completely natural. It contains five of the Bach™ Original Flower Remedies in a unique combination: Star of Bethlehem for shock, Rock Rose for terror and panic, Cherry Plum for lack of self-control, Impatiens for agitation, and Clematis to counteract bemusement.



## BACH ORIGINAL FLOWER REMEDIES



On the other hand, if you are able to pin-point what is causing your stress or upset, you could benefit from one of the 38 Bach Original Flower Remedies.

These are plant and flower based remedies that were discovered in the 1930s by Dr Edward Bach, a Harley Street physician, and work to re-balance specific negative emotions.

## PREPARING AND PLANNING

Planning a wedding and making all the necessary preparations for the perfect day can be a fun and fulfilling experience. But as time draws closer and the list of things to do and people to see gets longer and longer, it is easy for panic and anxiety to creep up on the most relaxed and organised of brides – or grooms!

if you...	Try...
Find yourself getting in a state and panicking at any time during the run up to the wedding	Rescue Remedy - keep it handy at all times!
Find yourself worrying about the wedding and can't get to sleep thinking of all the details over and over again	White Chestnut
Feel that it is all getting too much and feel taken back the responsibility of organising a wedding	Elm
Have a specific concern which keeps nagging away at you e.g. saying your vows in front of everyone	Marjoram



## THE BIG DAY

When the big day finally arrives emotions will be running high. Nerves, excitement, and apprehension, are just a few of the feelings that you may experience. But it won't be just you who is in need of a little emotional support, those around you may also be feeling delicate.



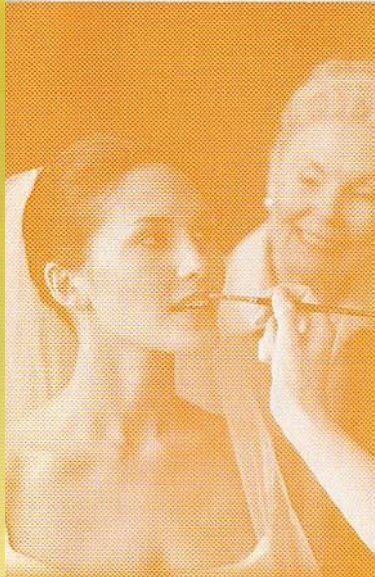
If you...	Try...
Want to settle those last minute butterflies and relax into the day	Rescue Remedy
Are easily irritated by fussing parents or relatives	Impatiens
Or one of your bridesmaids feel self conscious about their appearance	Crab Apple
Have little pageboys or bridesmaids who are easily over-excited	Vervain

## MR & MRS – LIFE AFTER THE WEDDING

It is not unusual for some people to experience a form of post wedding blues. After planning a wedding and having it as a main focus for so long - suddenly it's all over and life gets back to normal. Once the honeymoon is literally over and you settle back down to a routine you may find that you feel a little down or lacking direction.



If you...	Try...
Have difficulty adjusting to change that married life brings	Walnut
Find it difficult to move on after the wedding, and keep looking back to the day with little interest in the present	Honeysuckle



## STAY CALM

on the biggest day of your life with

**RESCUE™  
REMEDY**