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from Guardian

Thursday, August 19, 2010, 11:00

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Guide for the bride



CALMING INFLUENCE: Helen Tozer has written a book full of advice on how to make a wedding morning run smoothly

AN Ilminster woman has come up with a few ways for brides-to-be to enjoy a stress-free wedding day.

Helen Tozer, a hairdresser of Station Road has written a book entitled 100 tips for a stress-free wedding morning.

She became a bridal hairdresser after jumping in when a local bride was let down at the last minute by her own stylist.

Mrs Tozer has compiled the tips and snippets of advice in her book to help brides get organised, learn to relax and stay calm.

She said: "Many of my brides were unprepared for their actual wedding morning, despite spending many months planning the events.

"I often found myself acting as a soother, advisor and mediator. I saw an opportunity to document a way which would help to ease their worry and allow them to enjoy one of the biggest days of their life."

The book is available from www.bridalhairbyhelen.co.uk.

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