

winter/spring 2021 | wellness + sustainability

THE

COLORADO

WEDDING MAGAZINE

EXPERT TIPS

*for working towards
a meaningful
engagement*



SELF-CARE TOOLS

+
high altitude-friendly
hair styles

AUTHENTIC LOVE STORIES | ECO-FRIENDLY TIPS

WINTER/SPRING 2021

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MIND BODY + MARRIAGE

TOP WELLNESS TIPS FROM MISS COLORADO FOR AMERICA

We had the pleasure of talking all things wellness with the current Miss Colorado for America, Juliet Abdel.

She received her crown back in July of this year, but just one year ago she had a terrifying health scare after suffering an aneurysm. As a caregiver, Juliet was used to prioritizing others for most of her life, but then discovered she had to take care of herself, first and foremost, if she wanted to continue helping others.

After making a remarkable recovery in just six short months, she is doing great

things by raising awareness and providing support regarding self-care with her #semplaybeautiful movement.

We were thrilled to have some one-on-one time with her, where she shared her very own tips on self-care, fitness and beauty, among other things. We have a feeling that all brides-to-be will appreciate some of her tips while planning a wedding, especially during these confusing and uncertain times.

Here are a few things we learned from our talk with Juliet Abdel, Miss Colorado for America...

MIND

She was eager to offer her thoughts on health and wellness, including tips for stressed out couples that might be feeling the pressure of planning a wedding during a pandemic:

Treat yourself – and get social, spiritual, emotional, mental, and physical

As an aneurysm survivor, caregiver and Miss Colorado for America – my platform is self-care advocacy. In fact, the brand is SEMPLYbeautiful, which focuses on all elements of self-care – social, spiritual, emotional, mental and physical.

It is what I believe most people can do to lead a healthier life past the basic “treating yourself”. This was exactly how I overcame my health challenge and recovered in six short months. Others can be just as inspired to take their health into their own hands.

Remember that you can't help others without helping yourself

During the summer of 2019, I suffered a life-threatening aneurysm. At under 30, that was not one of my to-do-list items. But it gave me a nice wake-up call to re-prioritize myself, my health, and well-being. To truly take care of others you have to be taking care of yourself.

Relax and recharge with your closest friends

One of the activities I love to do with my girls is “brunch and business”. We get to visit each other and chat; it's a socially focused event and it really energizes.

Then we get down to business by doing anything we can as a group, from getting our nails done to that much needed massage. Having friends to do it with makes it so much more enjoyable.

Plan – but remember and accept that not everything goes according to plan

I plan literally hundreds of events each year. If I were stressed while planning then there would not be a day when I was my normal self. That being said, the most important piece of advice is to plan as much as you can, then understand that things are bound to get messed up some way, somehow.

Eighty percent of what happens to us is unavoidable; what happens, happens, so just go with the flow.

Sleep, take breaks, and write down your feelings, anxieties, and worries

This may sound cliché, but here it is: get a pen and paper out and keep it by your bedside. You will be anxious, you will be nervous, and whenever your big stressful day is, it seeps into the days and hours leading up to it. It can interrupt your flow and cause you to not be your personal best.

So here it is: use that notepad to write down your thoughts before bed. If you wake up due to stress, pick it up and write your thoughts down. Take breaks, always try to sleep enough to re-energize, and learn to give yourself grace.

Read self-care books, and learn to prioritize the most important things

First off, I would recommend my super easy read "Love Yourself" available on Amazon. I also would recommend "Eat That Frog" – such a great book to help you prioritize important things/tasks in life.

BODY

Juliet talks us through some of her tips regarding food and fitness – in particular, how mindset is half the battle, and the type of exercise you do doesn't matter as long as you are enjoying it:

Don't eat for the sake of it – and hydrate, hydrate, hydrate

Stop eating when you feel full! So many of us have been taught to eat (or maybe guilted into eating) everything on our plates if someone is buying us dinner. The problem is that you end up overeating. So, eat until you feel full and hydrate.

Nine times out of ten you are not getting enough water; which is crazy to think since our bodies are made up of 70% water.

Exercise is important – push yourself, but only do what you're mentally open to doing

I work out three times a week – all strength based. My amazing coach – shout out to Ram Fitness – helps me push myself. But if you don't have a coach, don't feel like you have to get one, just keep consistent with moving more.

You can go outdoors and do so much; TikTok is good for that, and YouTube. Or you can go to your private home gym. The point is to learn to do exercise that you are mentally open to doing. Mindset is half the battle.

Another fun fitness activity is dance. I mean high-level, fun dance. Think Zumba! Get into it and get after it.

If you're in Colorado, make the most of the outdoors! I love hikes. Especially in Colorado, we are blessed with some amazing outdoors.



MARRIAGE

Juliet Abdel has some great tips for planning your big day. From feeling comfortable and confident in your wedding dress, to making sure you aren't overwhelmed with the stresses of planning a wedding, to accepting that a few things are likely to go wrong and that's perfectly okay. Here are just a few gems:

Don't be afraid to try on your gown several times, and get comfortable wearing it.

Try your gown on, after you first purchase it, and again after you may have altered it; it won't hurt to put it on before the big day. Too many people are afraid of having something happen to the gown but here's the thing: wouldn't it be better for something to happen in advance so you can get it fixed, rather than it happen on the big day?

So take your gown out of that garment bag and put it on. Then get comfortable carrying the weight of it. Spend the days leading up to the big day practicing good posture; I promise it will help!

Invest in the right skincare for the atmosphere - and here in Colorado, that means getting on top of the lack of humidity!

This Oklahoma girl traded in her sparkly cowboy boots for hiking gear. Boy, was I in for a surprise! I felt like I was a crab on a beach, all dried out from the lack of humidity. So how did I manage? I connected with some amazing aestheticians and my favorite, Aesthetics 360, recommended the Obagi line. It is heavenly! They have a cleanser, face wash, acne treatment, and everything else you can imagine.

The important thing to know is that home skincare is used in conjunction with spa treatments, so you use the skincare to maintain yourself enough for them to take your skin to the next level at a session. I will never go back to a drug store.

Do something relaxing on your honeymoon

I have so many suggestions depending on the mood. An obvious one is couple's yoga; it can be fun while truly connecting on a soul level. For the more adventurous, I would recommend outdoor activities that involve exploring together like geocaching. Couples who discover together live happily ever after.





EVERYTHING YOU NEED TO KNOW ABOUT TAKING CARE OF YOUR HAIR AT HIGH ALTITUDES

Some brides, bridesmaids, and wedding guests who have attended a high altitude wedding have proclaimed that their hair has never looked better; while others haven't had it so easy with their tresses. We know that all hair is different, so here are some great tips that will keep all manes looking luscious and lust-worthy in high altitudes...

ADD MOISTURE

If you're having a bad hair day in Colorado, it's most likely because the high altitude has completely dried out your hair. However, dry hair is very easy to fix – and best of all, prevent – and it's all comes down to choosing the right moisturizing products!

Choose water-based moisturizing products such as the SheaMoisture 100% Virgin Coconut Oil Daily Hydration Leave-in Conditioner and the Christophe Robin Regenerating Mask, as they will bring moisture back into dry, tired hair.

We also recommend using a generous amount of oil or serum – even better if it caters specifically to your hair type.

SUN PROTECTION

The sun can bleach and therefore dry out hair, so keep sun exposure to a minimum. Black hair, in particular, can be fragile and the most prone to breaking alongside over-bleached hair, so we highly recommend a protective style or a satin-lined hat whenever you're in the sun for extended periods.

Additionally, you may use UV protection such as the Ultrasun Daily UV Hair Protector, as this will help to stop color fading. The IGK Hair Blocked Waterproof Teflon is another great product to use on damp or dry hair to protect it from UV rays.

KEEP WASHING TO A MINIMUM

We recommend washing your hair once a week, at most, to combat the dryness. It isn't as scary as it sounds, but it will probably take a while for your hair and scalp to adjust, so, if you're used to washing your hair daily, leave it one extra day each time until you work up to a whole week.

Dry hair can also lead to a dry scalp which in turn leads to itchiness and flakiness. We recommend a shampoo that's specifically catered to dandruff, such as Head & Shoulders Classic Clean Dandruff Shampoo or Dermacare Scalp Anti-Dandruff Shampoo, and finishing off with a scalp treatment like the Living Proof Restore Dry.

TIPS FOR CURLY HAIR

We have good news and bad news. The good news is that you don't have to worry about frizz a' la Monica from Friends as there is no moisture in the air. But the bad news is that, while curly hair tends to be more relaxed in high altitudes, it isn't good if you want voluminous, bouncy curls. And it's even worse news if you have curls with low porosity, as these coils tend to be drier and more prone to losing its defined curl pattern.

However, products such as the As I Am moisture milk and Design Essentials Coconut & Monoi Curl Defining Gelée will really help. As will leave-in conditioners such as the Mielle Organics White Peony Leave-in Conditioner and sprays like the SheaMoisture Coconut & Hibiscus Hold & Shine Moisture Mist.







TIPS FOR STRAIGHT HAIR

Sleek, straight hair will have a harder time holding a curl and gaining volume, so we recommend throwing it back to the 80s and buying a teasing comb to add some extra height.

TREAT YOURSELF

And by "yourself", we mean your hair. Have a hair treatment such as a Brazilian blowout or a keratin treatment before the big day. Even a few DIY masks that you can do at home will make a world of difference if you don't want to splurge.

BRIDESMAID HAIRSTYLES

Although blowouts tend to last longer in high altitudes (hooray!) it's quite possible that your bridesmaids will have very different hair lengths and hair types, which could make finding a universal style quite difficult.



If you're dead set on your bridesmaids rocking the same hairstyle, hiring a stylist to put the hair up in elegant chignons or chic updos is the perfect solution, as the hair will be under control.





BOX BRAIDS offer versatility and the added bonus of protection from the stress of manipulation and harsh conditions.



If you're going for **VOLUMINOUS WAVES**, we suggest curling the hair in tighter curls than you would initially want, to allow time for them to drop naturally. And be very generous with the hair spray!



Consider embracing individuality. If you are fortunate enough to be surrounded by a variety of gorgeous supporters, consider giving them the freedom to express themselves.