

# henmania

Can't wait until your wedding day but finding it hard to see past your hen night? These egg-cellent solutions should put all your dilemmas to bed

**If you hate being the centre of attention...**

## **EMBRACE IT OR AVOID IT**

Your wedding is the one time in your life when you can't escape the limelight. You can either use your hen weekend as a trial run by embracing it – cowboy hat and all – or you can avoid any additional stress by asking your bridesmaids to arrange a lovely chilled do rather than a big event. Save your blushes by asking them to organise something that treats everyone in the party equally: go-karting, a spa day or even a shopping trip to another city are all fun yet stress-free options, on the whole. Or to avoid the fuss-factor altogether, restrict your hen do to just three or four of your closest friends and take charge of the arrangements yourself!

**If you want to involve your mum...**

## **DO IT IN STYLE**

Afternoon tea is a great way to include your mum and any other relatives who wouldn't enjoy a boozey night in a club. It's super trendy just now and is a great excuse to get dolled up and have a proper blether without being deafened by loud music. This service is available in lots of quality hotels as well as a host of cool bars and restaurants, usually from around £10 per head. Or to save cash and involve your mum directly in the day, why not ask if you can host an afternoon tea at your parents' house? She might like to show off her baking skills by catering the spread herself or you could ask guests to bring along cakes, sandwiches and of course lots of pink bubbly!

**If you're a control freak...**

## **ASK QUESTIONS**

Even the most chilled out bride will find it a bit unnerving to have absolutely no clue about what's going to happen on her hen night, and if you're teetering on the edge of bridezilla-ism then you might be finding the hen experience a little traumatic. But remember it's your hen weekend and your enjoyment is the number one priority. And if your friends know you well enough then it's unlikely they'll have planned anything truly embarrassing. You're well within your rights, however, to ask for a basic plan for the day/weekend and if you are really dreading any of it then take your best maid aside and tell her so – it's probable she won't have realised quite how much you've been stressing about things and might go easy on you...

**If you hate cowboy hats and glitter...**

## **CHOOSE A THEME**

There are no hard and fast rules about what you should and should not include in your hen weekend and if you would rather hide under your bed than cover yourself in all things glittery and pink then make sure to tell your hens this in advance. But before you get too bah humbug about the whole thing it's worth considering how a theme helps to bring everyone together, especially if yours is quite a mixed group. We've heard of hens with a butterfly theme (wings and all), another deciding on a ladybird look, and reports get even more wacky from those who've gone for something like a murder mystery evening! Fife based company Blue Murder Events runs evenings with a 1970s rock band theme, or there's the WAG-tastic Footballers Knives for something a bit more girly. Whatever you do, loosen up and enjoy it; it's only a few hours out of your life and most women get into it on the night!

**If you're reluctant to ask people to spend money...**

## **MAKE SAVINGS**

Hen weekends shouldn't leave your fellow hens too out of pocket and if the girls are feeling the pinch, rest assured you can still have a brilliant time together. Why not organise a sports day with the egg and spoon, a sack race and hula hooping competitions? It hardly costs anything and you'll be surprised how much you enjoy some good old-fashioned fun! But if there's plenty of time to save up and everyone wants to get away for a city break, it can be helpful for one trustworthy hen to take charge of funds and for the other girls to set up a standing order which goes straight to her account (or a separate dedicated hen weekend account). Whatever way you make your savings remember that your friends will make it happen if they can, and if they do it's because they want to, not because they feel obliged.

ALASTAIR STEPHEN PHOTOGRAPHY

BLUE MURDER EVENTS

THEANDREWJAMES.COM

GEORGE LAMMIE PHOTOGRAPHY

LINDSAY MCKERRICHER