

The Wellness Wedding

Complete Planning Checklist

Spa rituals · Nourishing menus · Movement · Sustainable favours

Morning
Rituals

The Menu

Movement

Favours

THE WELLNESS WEDDING PLANNING CHECKLIST

THE WEDDING MORNING RITUAL

6–12 months before

- Book a yoga or breathwork guide for the morning
Look for a yin, restorative, or slow vinyasa teacher
- Create a gentle morning playlist (60–90 mins)
Think: soft instrumentals, no lyrics
- Plan a nourishing wedding-morning breakfast
Protein + healthy fats + slow-release carbs — skip the pastry box
- Schedule 5–10 mins of group breathwork before getting ready
Box breathing or 4-7-8 technique — include the wedding party
- Set a 'no phone' window for the first hour of the morning
Protect this time — it will be worth it
- Prepare a hydration station
Still water, herbal tea, cucumber + mint infusion
- Assign a 'calm keeper' in your wedding party
Someone whose job is to gently slow things down if needed

PLANNING TIP

Start your day 90 minutes earlier than you think you need to. The morning ritual only works if it isn't rushed.

THE LOW-INFLAMMATION MENU

3–6 months before

- Choose a farm-to-table or seasonal-menu caterer
Ask specifically about local and regional sourcing
- Cocktail hour: build a whole-food grazing station
Cured fish, olives, crudité's, hummus, sourdough — skip the deep-fry
- Main: anchor around a quality protein + seasonal vegetables
Ask your caterer which vegetables are in season on your date
- Request a mocktail menu alongside the bar
Adaptogenic tonics, elderflower spritz, lavender lemonade
- Set up a beautiful hydration station at the reception
Infused waters count as décor — cucumber/mint, hibiscus/rose
- Plan dessert beyond the cake
Raw cacao truffles, seasonal fruit pavlova, honey-almond tart
- Share a recipe card from the menu as a favour
A signature dressing or mocktail recipe guests can recreate at home
- Discuss food-waste minimisation with your caterer
Composting, portioning, and end-of-night donation options

MOVEMENT THROUGH THE DAY

Design into the schedule

- Offer an optional sunrise yoga session (multi-day weddings)
30–45 mins, gentle, on the morning after the reception
- Consider a short walking processional to the ceremony site
10 minutes of intentional walking transforms the energy entirely
- Open the ceremony with a guided breathwork moment
Frame it as 'arriving fully' rather than a wellness activity
- Include a movement break between ceremony and reception
A garden walk, a games lawn, or a short guided stretch
- Create a lounge zone at the reception
Replace some stiff seating with floor cushions, hammocks, or daybed corners
- Plan the dancefloor thoughtfully
A great DJ or live musician is the best movement offering of the night

DESIGN TIP

You don't need to label any of this as 'wellness.' The best wellness weddings just feel beautiful — guests don't realise why.

SUSTAINABLE FAVOUR IDEAS

Zero-waste options guests will actually love

- Adaptogenic herb sachets
Chamomile, lavender, or ashwagandha-lemon balm — in muslin bags with a handwritten card
- Wildflower or herb seed packets
Locally sourced, biodegradable packaging — tie the growth metaphor to your vows
- Hand-poured beeswax candles
From a local maker, wrapped simply — zero synthetic fragrance, lasting and giftable
- A recipe card from your menu
Personal, beautiful, and keeps your wedding present in guests' kitchens for years
- Living plant favours
Small potted succulents, herbs, or wildflowers — guests remember these
- Charitable donation in guests' names
A favourite cause, shared on a simple card at each place setting

MY NOTES

Read the full guide at thegreenreveal.com

The Wellness Wedding · Spa Rituals · Nourishing Menus · Movement · Sustainable Favours