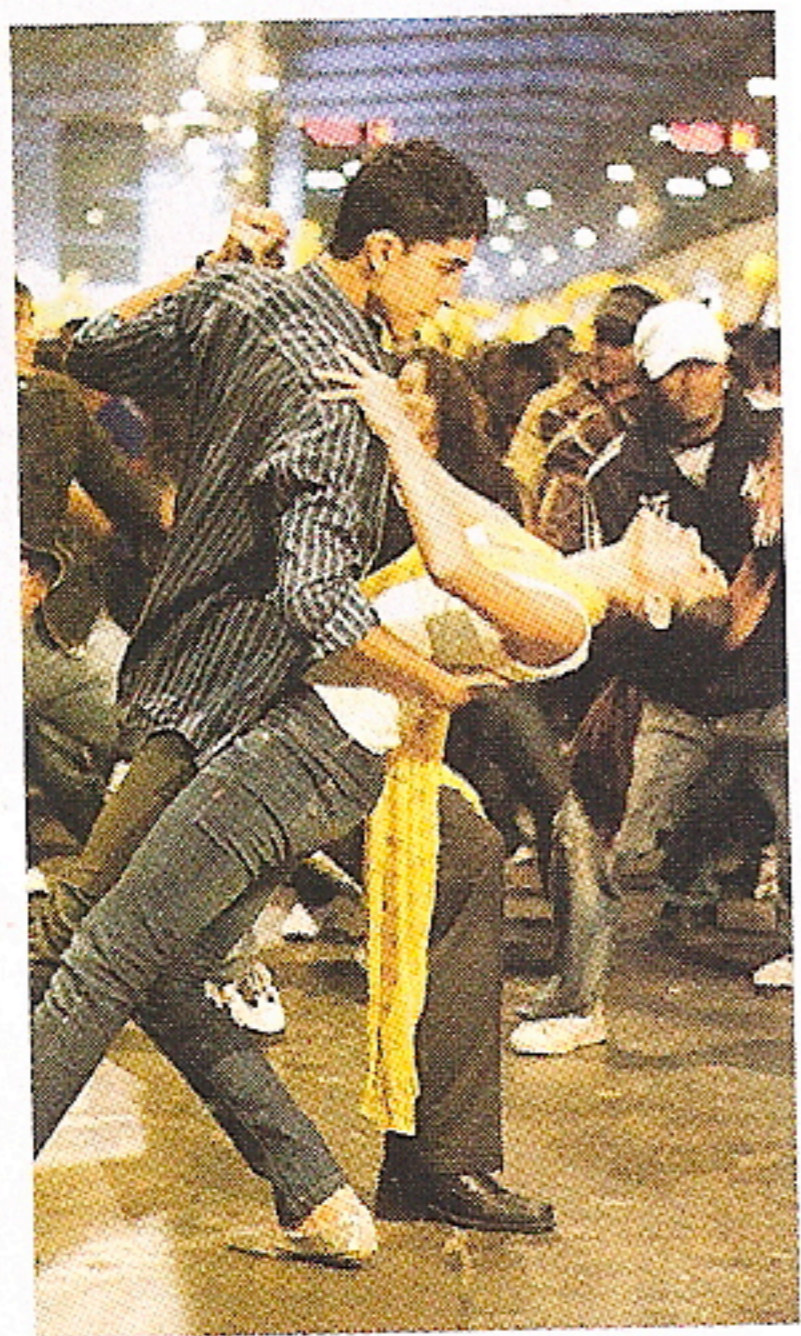


Health

Avoid Wedding-Day Friction

The last thing you want on a honeymoon is sore feet. We can vouch for Band-Aid's new Friction Block Stick: Apply it to any spots where your wedding shoes may rub for total (and invisible!) antiblister coverage. \$4.99, at drugstores. —L.M.



Reception

Dance Fever

Call it the *Slumdog Millionaire* effect: Inspired by the movie, some couples are learning Bollywood dance as a twist on the traditional first dance. Tamara Abraham and David Ruth worked with Achinta S. McDaniel, of LA's blue13 dance company, to master a ballroom piece for their big day that segued into a mix of Bhangra moves. "It's a wonderful way to get everyone up and moving," Tamara says. NYC's Bollywood Axion dance studio also offers private Bhangra lessons and custom choreography for couples looking to spice things up with a surprise performance. —Amita Parikh