

Notes on Heel Height

I know there's a lot wrapped up in the decision to go "high" or "low". Some brides tell me they will only wear flats because they don't want to tower over their fiancé while others insist on wearing the most sky-high heel they can find!

Choosing a heel height is largely a matter of personal opinion but here are a few things I like to take into consideration when I help brides choose a pair of heels.

Formality

There is a certain formality in a high heel and if you're having a very casual garden or beach wedding, I would recommend bridal flip flops or wedges especially since thinner heels tend to sink into grass and sand.



Kelly

Comfort

I frown on brides who tell me they *never* wear high heels but want to wear them on their wedding day. I think you should be absolutely confident walking down the aisle and stair ways and that may mean going a little lower than you like.

All of us have different foot structures. Some slim, some fleshy, some with bunions, or shaped like a Chinese fan. Use Foot Pads → A well-placed footpad can help prevent slipping, shifting, rubbing and chafing.

Height Difference between Bride and Groom

Bridal hairstyles are usually puffier to facilitate the insertion of the tiara, flowers and veil.

If you are marginally shorter than your groom, bear in mind that this extra elevation+ your heels may "even out" your height difference.

If you are significantly shorter and insist on looking taller, seek the advice of your stylist to adopt the best hairstyle to give the illusion of height.

Else, face reality, my husband is 35cm taller than me.

Nothing I wear is going to make me reach his lofty height. Sigh...



Personality

If you are gregarious and fun, but want to add drama to your photo shoot, then be adventurous.

If you are practical and know that you'll never get another opportunity to wear those stilettos again, then pick a style that gives you more mileage.

REMEMBER: Most heels can be shortened and inclination corrected for you to wear on normal occasions.