

Superstitious or not, you will no doubt continue a legacy of age old traditions during your wedding. Whether it's walking down the aisle with something old, new, borrowed and blue, or having your guests adorn you with confetti, some of these traditions date back hundreds of years, and have their roots in ancient superstitious beliefs.



Wedding dress

Traditionally white to symbolise the innocence and purity of the bride. The veil serves to hide the bride's beauty and ward off evil spirits.

Old, new, borrowed, blue

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his dates back to Victorian times and the full saying goes "something old, new, borrowed, blue and a silver sixpence in your shoe."

The old refers to wearing something that represents a link with the bride's family and her old life.

Wearing something new represents good fortune and success in her new life.

Something borrowed is meant to bring good luck to the marriage.

Something blue dates back to biblical times when the colour was considered to represent purity and fidelity.

Placing a silver sixpence in the bride's left shoe is a symbol of wealth - not just financially but also a wealth of happiness and joy throughout her married life.

W
hy the bride stands on the left

The origin of this dates back to when a groom would capture his intended by kidnapping her. If he had to fight off other would be suitors, holding her with his left hand allowed his right to remain free to use his sword.

The ring finger


Rings are worn on the third finger of the left hand because the finger follows the vena amoris - the vein of love that runs directly to the heart.

C
onfetti

Throwing confetti over newlyweds symbolises a “fruitful” union. Small pieces of coloured paper have replaced grain and rice - pagans believed the fertility of the seeds would be transferred to the couple.

Wedding favours

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his tradition has evolved into giving each guest five sugared almonds which symbolise health, wealth, fertility, happiness and long life.

Wedding cake


It is good luck to eat wedding cake - it symbolises fertility and brings good fortune to all who eat it. Sending cake to those unable to attend the wedding is a gesture of sharing good luck. Faithfulness and sharing are symbolised by the bride and groom cutting the first slice together.

Carrying over the threshold



The groom carries his bride over the threshold when they enter their home for the first time as a married couple. One reason for this dates back to Roman times when it was believed bad luck would follow if the bride stumbled.