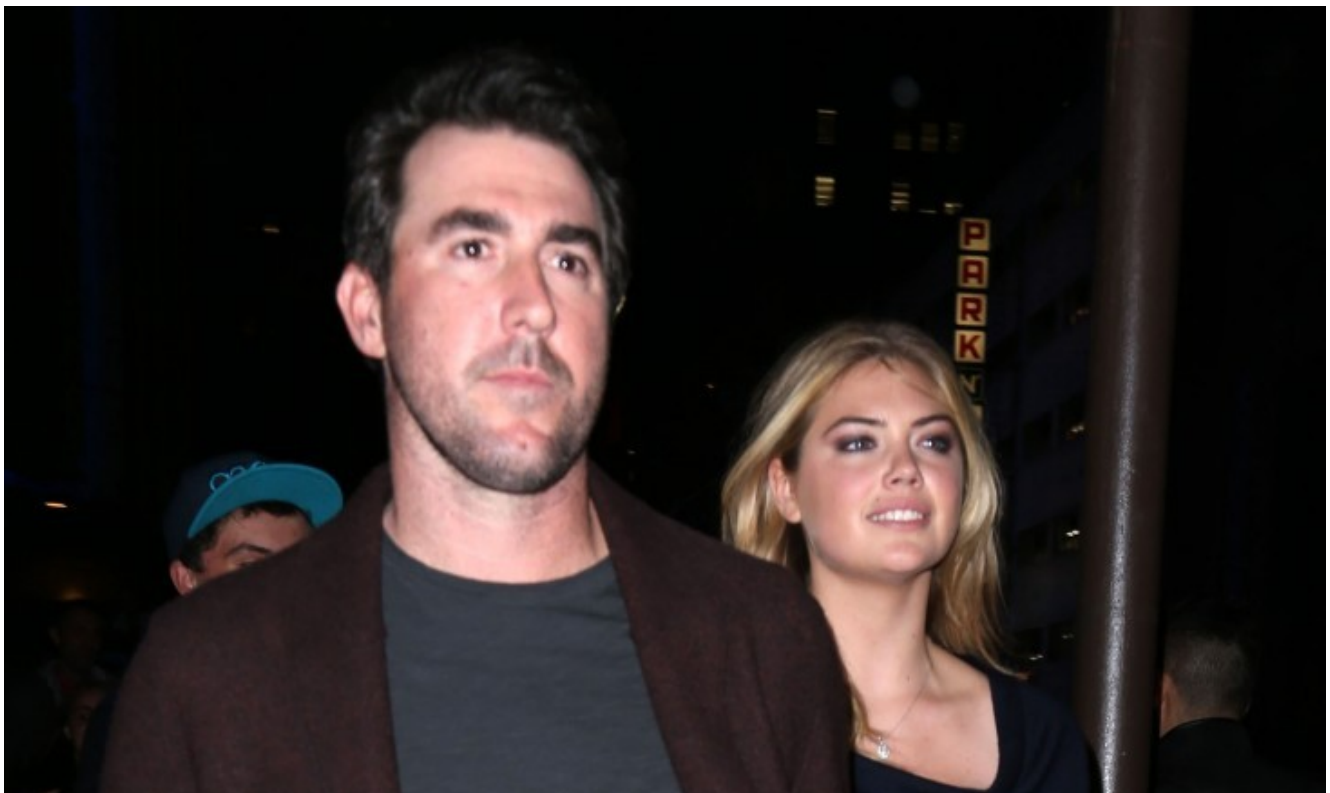


Celebrity Wedding News: Kate Upton & Justin Verlander Talk Wedding Plans



By [Cortney Moore](#)

Kate Upton and her fiance Justin Verlander are making [celebrity news](#) once more with their upcoming [celebrity wedding](#). The pair revealed in an interview with [EOnline.com](#) that they actually have not started planning their big day; but one thing they are certain of is that they will party up a storm before they walk down the aisle. "We are getting married. That's about as much as we know," Upton told *E!*. Her husband-to-be blames his busy baseball schedule for their delay in planning. However, Verlander is excited for his bachelor party and hopes to have more than one to include all

his friends, “So maybe a couple? Three?” he suggested. Upton isn’t letting her fiance have all the fun though; she’s hoping to have her bachelorette party abroad. “I really want to go to Mexico and have so much tequila!” she said. This [celebrity couple](#) sure knows how to have a good time! We’re certain their wedding will be a bash to remember.

Before this celebrity wedding comes some major partying! What are some ways to let loose before your big day?

Cupid’s Advice:

Weddings are a joyous occasion, but planning one is no joke. It can be really stressful getting everything together, especially if you’re doing most of the work yourself. Let Cupid help you find a way to unwind before your nuptials:

1. Spa day: One of the best things you can do for yourself before your wedding is to go to a spa. Splurge on a massage or a facial that will get you photo-ready for your big day. The peaceful setting at a spa will automatically make you feel better. It’s not a bad idea to invite your future spouse for a day of relaxation either.

Related Link: [Detroit Tigers Pitcher Justin Verlander Says Celebrity Relationship with Model Kate Upton is ‘Normal’](#)

2. Girls night: Schedule a night with your girls aside from your bachelorette party. Being around your closest friends will help you relax, and it’s a great opportunity to find out what they’ve been up to instead of keeping the attention on you. It doesn’t matter if you all stay in and watch chick-flicks or go out for dinner, just make an effort to enjoy yourself.

Related Link: [Justin Verlander Tosses Baseball to Girlfriend Kate Upton During Game](#)

3. Exercise: Scheduling a few fitness classes before your wedding is a great way to let out any frustration you've been bottling up. Not to mention how great it'll make your body look in that wedding dress! Just make sure to pick an activity you enjoy, whether it be something low impact like yoga or high intensity like kickboxing.

How have you handled breakups in the past? What were your reasons for breaking up? Share your stories in the comments below.