

Royal Celebrity Wedding: Prince Harry & Meghan Markle 'Snuck Off' Before Reception Ended



By Rhodesia Williams

In [celebrity news](#), hours after the royal couple said, "I do," they were seen leaving their reception early. According to *UsMagazine.com*, the [celebrity couple](#), Meghan Markle and Prince Harry, were exhausted after a long, 17 hour day and left their reception at the Frogmore House before it ended. "They let themselves have a few drinks, then they were ready to get back for some rest," an insider said. Before leaving, the Duke and Duchess enjoyed dancing the evening away with friends and

family. The anticipation alone must have made this [celebrity wedding](#) tiring.

This royal couple snuck off before the official end of their celebrity wedding. What are some ways to keep fatigue at bay on your big day?

Cupid's Advice:

Preparations alone can leave you tired before your big day. Cupid has some advice on how to keep fatigue at bay on your big day:

1. Rest up: Try to pace yourself the week before your big day. If you get enough rest throughout the week, you should be well rested and ready to enjoy your day. Maybe if you are lucky, you can sneak in a quick nap, but how likely is that?

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2. Have a schedule set: Make a schedule to organize your day. While anything could happen, it will help to have everything written out so you can mentally prepare yourself. It can be simple, like, “bridal party photos at 11.” Sometimes anticipating things puts the mind at ease, and you are a little more relaxed.

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3. Eat: One of the most important things is to make sure you eat something. We all know how we get when we don't eat, so don't do it to yourself. Light snacks like nuts or apples will keep you energized and still have you looking good in your

dress. Nobody wants to pass out on their big day, so just remember to keep it light and you will be fine.

What are some other ways to stay alert and energetic on your wedding day? Share your thoughts below.