

Wedding Traditions Explained

Discover the reasons behind some common wedding traditions.

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Author: [Keisha Uy](#)



Ever wondered how age-old **wedding practices have** stood the test of time and become the wedding traditions we now know and follow? These wedding traditions are consistently recognized and practiced because they serve as symbols of prosperity, unity and harmony.

Here's a short list of some of the most well-known wedding traditions you might want to observe on your special day:

- **WHITE NOT?**

The practice of wearing white to a wedding dates back to the Victorian era. Before **Queen Victoria popularized wearing the white wedding gown**, brides wore their best, brightly colored gowns to serve as their wedding dresses. Because Queen Victoria had an abiding belief in chastity, a **white wedding gowns was regarded as a symbol of the bride's purity**--and the trend of white bridal dresses eventually caught on.

- **SWEET TREAT**

One of the highlights at a wedding reception is the **cutting and sharing of the cake** by the newlyweds. This gesture is believed to stand for the **couple's sweet union**.

- **XOXO**

When you share that first kiss as a married couple with your husband, it is believed that your souls unite as one. In ancient Roman times, the **ceremonial wedding kiss is considered as an affirmation of a life-long commitment.**

- **SOMETHING OLD, NEW, BORROWED, AND BLUE**

The well-known rhyme "Something old, something new, something borrowed and something blue (and a silver sixpence in her shoe)" dates back to the Victorian times as well. **"Something old" represents the bride's connection to her former life**, like a piece of jewelry that has been passed on in the family. **"Something new" stands for the new life ahead**, and the hopes of having a bright future--brides usually wear new wedding gowns. Meanwhile, **"something borrowed" reminds the bride that family and friends are there to help her.** The borrowed item should come from a happily married woman, so that the same luck will rub off on the bride. And last, **"something blue" symbolizes fidelity**--others also attach it to the Blessed Virgin Mary's purity. Blue is often used for the bride's garter. Whether you choose to incorporate these details into your wedding is entirely up to you, but knowing what these symbols stand for will add a bit more meaning to the traditions you practice on your special day.

Source: The Wedding Gown Book by Elizabeth Shimer

Photo source: sxc.hu

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