

By Allison Mowatt

Spice Up Your Love



Valentine's Day is a special holiday celebrating love between couples, family, and friends. While Valentine's Day is a day where we can celebrate our love and appreciation for anyone that is close to us, it is mainly generated toward couples in love and is considered, above all, to be a romantic occasion.

It's wonderful to have a special day where you can show your sweetie how much you love them and do affectionate things for them. We often don't show the people who mean the most to us just how much we care because we seem to get caught up in daily routines and our busy lives.

Love and romance should be celebrated every day, not just when Cupid comes knocking on the door with his bow and arrow. Of course, on February 14th, sometimes there is nothing more fun than getting a box of chocolates, a romantic card, a sparkling piece of jewelry, or a bouquet of roses. It just makes us feel good.

Make a point to do something romantic for your spouse or loved one every day. Sometimes all it takes are simple, thoughtful gestures to keep a relationship alive and vibrant and make us feel loved and cherished. When thinking of ways to keep your relationship feeling like new, take your cue from Valentine's Day, just not on as big of a scale. You don't have to purchase gifts to show your special someone how much you love them. What people often find romantic are cute and adorable actions that give them that butterfly feeling in the stomach similar to the way they felt at the beginning of the relationship.

Tips On Ways To Keep Your Love Fresh

1 **Leave cute notes for each other:** Take pieces of post it paper and write notes such as "I can't wait to see you later" or "I had a great time last night" and leave these notes where your loved one will be sure to find them—in the car, under the pillow, on the bathroom mirror or in a travel bag.

2 **Draw your sweetie a bubble bath:** Run a warm bath with bubbles and bath oils. Light some candles and create an atmosphere of romance and relaxation. This will make for an unexpected and appreciated surprise for your sweetie after a long day.

3 **Prepare a romantic candlelight dinner:** You and your honey can find and make recipes you enjoy together. Or plan a surprise and have dinner already prepared when your loved one comes home from either work or the store.

4 **Bring a beautiful bouquet of flowers home even if you're not celebrating anything in particular:** Go to the florist and put together a gorgeous bouquet of your lover's favorite flowers. Of course, nothing says romance like crimson roses, which are always a classic choice.

5 **Have a "date night":** Plan one night a week or even one night a month where you and your sweetie go out to dinner, go see a movie, go shopping together, go to a concert, or take a walk. It's important to set aside time specifically for each other, and "date night" will ensure that you have a fun afternoon or evening out away from the house and the everyday pressures of life.

6 **Praise goes a long way:** Be sure to compliment your honey often. Remember all of the wonderful qualities that you fell in love with and tell your spouse or loved one that they look good, had a good idea, made you laugh, or are special to them in some way.

7 **Laugh:** There is truth to the saying that "laughter is the best medicine," and if you laugh often, it'll make you feel younger. When the stresses of our daily schedules get in the way and make us feel distracted, sometimes a good laugh can make it all go away and remind us what is important. It also adds intimacy to a relationship and can bring couples closer together.

8 **Kiss and hug often:** Kissing and hugging are some of the greatest forms of intimacy and are important to do often. The more you kiss and hug, the less likely you are to argue.

9 **Dance:** Play romantic music and dance together. Slowly dancing around the room to a favorite song can mean so much, especially if it reminds you of a special time in your lives.