

# Top 10 Ways To Add Sugar & Spice

Whether you are celebrating this Valentine's Day with a long time spouse, lover, friends, family, or are alone this year... Valentine's Day can be a time for self-love and treasuring all five senses.

## For a relaxing evening for one:

1. *Light a fragrant aromatherapy candle* in a relaxing scent like lavender that scientists have proven encourages relaxation and peace in the body
2. *Book yourself a massage*, or try one of the varied battery operated massage tools with a bottle of warmed body oil
3. *Pop in some soothing tunes*, a sensuality and intimacy CD (there are many on the market now), or some classical music
4. *Replace the harsh light bulbs in your bedroom with pink bulbs*. They soften the look of everything, create a romantic hue, and make your skin/face glow while softening wrinkles like an instant facelift.
5. *Fondue for one*: check out the new fondue packages in the cheese/deli section of

the supermarket. They are microwavable and come in small sizes for the enjoyment of one or two, and are perfect for dipping fresh fruit like bananas, berries, angel

food cake, or graham crackers. Indulge; you deserve it.

## For lovers:

1. *Make a cd or playlist of your favorite old time classics* from when you first met, were dating, or first fell in love
2. *Write "I love you" on a steamy mirror* for your lover to see after showering

3. *You are never too old for a romantic picnic in the living room* with a soft blanket on the floor, fancy cloth napkins, cheese, bread, wine, finger foods and whatever else strikes your fancy

4. *Stay young - get dressed together*. *Choose your beloved's outfit for a day* (including undergarments), whether it is for work, a social evening out, or a day of running errands. Then reverse the process and get undressed together at the end of the evening. No granny gowns or ratty sweatpants please.

5. *Share a piece of romantic poetry*. Write out your favorite poem in your prettiest handwriting on a

lovely piece of stationery, and slip it in your lover's shoe, toiletry bag or car for a surprise "I love you" when they least expect it.

## VALENTINE'S DAY DO'S AND DON'TS

**Do call** someone you love

**Do pursue** a new relationship; Go online to check out the e-dating scene without embarrassment

**Do savor** a special snack you can enjoy solo such as fondue with fresh fruit, a slice of NY cheesecake, or a few delicate rich truffles.

**Do go out with friends** to commiserate and laugh

**Do splurge** on that item you've had your eye on (that you know you don't need)

**Do give someone a hug:** show love to your children and friends

**Do give to others** to make yourself feel better

**Do buy yourself fresh flowers** and look forward to the upcoming spring beauty

**Do enjoy** a concert or feel-good movie

**Do have two glasses** of wine, or two martinis. (And yes, you can enjoy champagne on your own)

**Don't drunk dial** an old flame

**Don't go out just because** it's Valentine's Day with someone you don't really like or trust

**Don't have day after regret** and eat that entire mega box of cheap bland chocolates alone. If it is packaged in a tacky red heart box, it's a no-no.

**Don't pretend** that being alone for Valentine's Day is not bothering you.

**Don't spend so much** on retail therapy that you go into debt.....

**Don't shack up...** a bed is as warm as you choose to make it

**Don't stop believing** in true love

**Don't send yourself flowers** at work and pretend they are from someone else

**Don't wallow** with sappy romantic comedies and a side of Kleenex

**Don't have two bottles** of wine or four martinis!