

Happy Valentine's Day

Three reasons why long-term couples should celebrate Valentine's Day

Those who think that Valentine's Day is just for new couples are definitely mistaken. People in long-term relationships have just as much to gain from a day dedicated to celebrating their love. Read on to explore three reasons why Valentine's Day is meant for all couples, old and new.

1. TO SHAKE THINGS UP

Long-time couples tend to fall into a routine, returning to the same spots over and over or simply staying home most of the time. This Valentine's Day, dare to be different. Step out of your comfort zone and discover what your region has to offer. A little novelty is never a bad thing!

2. TO NURTURE YOUR BOND

When is the last time you told your significant other how he or she makes you feel? Take advantage of Valentine's Day to express just how much you appreciate your sweetheart. Remember — it's the little things that make relationships last. Give your Valentine a heartfelt card, an engraved piece of jewelry or even an original poem as a token of your lasting love.

3. TO REKINDLE THE FLAME

As the years go by, those secret looks, winks, cuddles, kisses, massages and similar intimate gestures can become increasingly scarce in long-term relationships. You're both aware that you should put more effort into seducing each other, and Valentine's Day is the perfect excuse to dress up, hit the town with your sweetheart and watch the sparks fly.



Valentine's Day isn't just for brand-new couples. Take pride in celebrating the longevity of your relationship!

Happy Valentine's Day to all your senses!

Heat things up this February by planning a Valentine's Day celebration that's sure to indulge your epicurean sensibilities. It's easy: combine a variety of sensual experiences to awaken your senses — and your partner's — from head to toe!

1. SIGHT

At home, try putting on an impromptu lingerie fashion show or a burlesque-inspired striptease. Dare to show off and dazzle your partner! You could also go to the circus, catch a dance performance, attend an art exhibition or immerse yourself in a 3D movie. Your eyes will sparkle with pleasure!

2. HEARING

Put on a hot blues playlist, have your lover read you a sexy short story or treat yourselves to a concert date to excite your eardrums while you celebrate your love.

3. TOUCH

Valentine's Day is the per-

fect excuse to stock up on kisses, cuddles and hugs. Wear fabrics like leather, vinyl, lace, silk, satin and velvet to create a tantalizing tactile experience.

4. SMELL

Surround yourself with the heady, alluring aromas of massage oils and candles, or enjoy a nice long soak in a scented bubble bath. Vanilla, patchouli, rose, sandalwood, neroli, ylang-ylang and jasmine, among other fragrances, are all thought to have aphrodisiac properties.

5. TASTE

Let your tastebuds celebrate Valentine's Day too! Indulge in some crisp champagne, fine chocolate, decadent dessert, exquisite cheeses, artisan charcuteries, fresh seafood or whichever palate-pleasing treat you prefer. Here's to a delightful celebration!

love like you mean it!

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Happy Valentine's Day

How to navigate Valentine's Day when you've just started dating

Whether you've only been on a couple of dates or you've spent every day together for the last two months, Valentine's Day can be uncomfortable when you've just started dating someone. However, it doesn't have to be an awkward event. As long as the two of you talk to each other about your expectations, Valentine's Day can be a hassle-free affair.

Broach the topic

It's never too early to learn to communicate with your new partner. If you see a future with this person, you should talk to them about your expectations and hopes for Valentine's Day. Bringing up the topic can be as sim-

ple as asking, "how do you feel about Valentine's Day?" **Figure it out together**

The two of you should decide how you'd like to celebrate mark the occasion. No matter what you decide, don't go overboard. If you choose to buy each other presents, decide on a budget and stick to it. If you don't want to exchange gifts but still want to do something, cook dinner together and have a quiet evening in.

Navigating the waters of your first Valentine's Day together can make or break you as a couple. If it goes well, you could be starting a tradition that will last for years to come.

Tips for choosing the perfect Valentine's gift

Are you having a hard time deciding what to give your sweetheart for Valentine's Day? Do you want to give them something beyond the customary flowers and box of chocolates? If so, here are some tips for finding the perfect gift.

- Think about them: consider what they like and any hobbies they may have. Keeping these things in mind will help you avoid giving something they won't appreciate.
- Listen to them: they may be dropping hints. Have they recently mentioned something they'd like to buy? You'll get extra brownie points for getting them something they talked about wanting months ago.
- Ask for help: if you've been wracking your brain but can't think of anything, asking somebody they're close to could help. Their mom, best friend or brother may have a good idea you haven't thought of.
- Remember who it's for: don't buy them tickets to an event you'll be more excited about than they will. If you're going for an experience as a gift, make sure it's something they'll enjoy.

By following these tips, you'll be sure to wow the person you love most.



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Happy Valentine's Day

Seven ways to celebrate Valentine's Day as a family

Valentine's Day can be a time to celebrate love of all kinds. This year, instead of making romantic plans with your partner, why not include your kids and celebrate as a family? Here are some Valentine's Day activities you and the kids will love:

1. Profess your love. Each family member takes a turn telling the others something they love about them, including themselves.
2. Eat a special breakfast. Serve heart-shaped pancakes or oatmeal with strawberries and chocolate chips.
3. Go on a family date night. Eat at a local restaurant you haven't tried before and catch a movie after.
4. Take a walk down memory lane. Reminisce and

share stories while looking at old family photos. The kids will love looking at themselves and you in your younger days.

5. Bake cookies. Use a heart-shaped cookie cutter to make Valentine's Day cookies. Decorate them with pink icing.
6. Have a movie marathon. Make popcorn, buy candy and snuggle up together under your cosiest blankets.
7. Make cards. Gather red and pink paper, glitter, stickers and markers to make valentines to hand out to friends and family members.

Taking the time to celebrate Valentine's Day as a family will create memories your kids will have for a lifetime.



How to use the language of flowers in your Valentine's day bouquet



Flowers are ubiquitous on Valentine's day, but few people realize that the various blooms in their bouquets are imbued with symbolic meaning. This year, consider using the language of flowers to let your sweetheart know you care.

Roses

A classic choice for Valentine's Day, roses can express different things depending on their colour.

- Red symbolizes a deep, passionate love, which is why they're ideal for a romantic partner.
- Pink roses symbolize appreciation and make for a milder gesture than red ones. They're a nice choice if you don't want to overwhelm a new love interest.
- White roses stand for purity and innocence, making them a great choice for a friend, daughter or other relative.

Tulips

Beautiful but understated, tulips are a wonderful alternative to roses and also hold various meanings depending on their colour. In particular, red tulips are a symbol of passion and love. And because they last longer than other cut flowers, tulips also represent the longevity of your relationship.

Lilies

These flowers, specifically the white ones, are associated with royalty and will express to your loved one that they're a king or queen in your eyes.

These are just a few of the many flowers that you can include in your Valentine's Day bouquet. If you're still not sure what blooms to choose, your local florist will be happy to help.

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