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How To Rekindle The Flame

Rekindling that old romance is very hard! Valentines Day is a great time to rekindle the flame of a long term relationship. Here's how ...



Step 1: Plan a date

Before the day make it clear to your partner that you want to spend the evening together without interruptions. Plan a date with your partner, be it an evening out, or a romantic meal at home.

Organize flowers, and food in advance. Don't forget many other couple have similar plans to yours so pre-book to avoid disappointment

Step 2: Get a head start

Subtly place love notes around for your partner to find throughout the day. Feel free to reminisce a little in them, stirring up the feelings you had when you first met. Send a naughty text or two mentioning how much you are looking forward to the evening. For maximum impact have a bouquet of roses delivered to their work place, the attention will do wonders for their esteem.

Step 3: Set the scene

Make your home look the part. Importantly tidy away any clutter. Light candles, fluff the sofa cushions and make sure the TV is switched off. Your rooms should resemble an oasis of calm and seduction.

Step 4: Body contact

Greet your partner with a kiss and continue the flirtatious body contact throughout the evening. You may have not noticed it but the amount of time you put aside for each other may have diminished over the years, so tonight, give them your undivided attention. Pay your partner compliments, tell them all the things you appreciate and love about them

Step 5: Music

Play a mix of tracks which have been key in your relationship; music you've danced to, your make up track, songs you enjoyed on holidays together. Let the music steer your conversation to the amazing times you have shared. Before you know it you will both have that sparkle back in your eyes.

Step 6: Discuss the future

Don't let the entire evening be dominated by the past. Make plans together for the future, be it a long term goal, a romantic break, or simply another meal together in the coming weeks. Make it clear you want the romance to continue well into the future.

Step 7: Pamper

Treat your partner to a luxurious bubble bath or sensual massage. Don't rush things - your not teenagers, take your time to enjoy each other and make it a night to remember.

Happy Valentines

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