

FIFTEEN WAYS TO BE MORE ROMANTIC!

1. Plan a romantic dinner once a week.
2. Plan a romantic evening once a month.
3. Plan a surprise weekend getaway.
4. Plan for your kids to stay with a family member or close friend for the weekend and have a "Kids Free Weekend".
5. Have an indoor candlelight picnic.
6. Give your spouse a romantic bath. For an even greater effect include: finger foods, romantic music, massage, hair washing, warm towels (put in the dryer), candlelight.
7. Say ten romantic things to your spouse daily.
8. Every two weeks have a set "date night".
9. Hide a small romantic gift or token for your spouse once a week.
10. Give your love breakfast in bed.
11. Have more physical contact. Give your spouse a hug at least five times a day. Hold hands whenever you think about it. If you're standing in line for something put your arm around their shoulder or waist.
12. Experiment with different kisses. Get the book *The Art of Kissing*, and spend the evening trying all the kisses to find your favorites.
13. Try body painting.
14. Take massage classes together or research it together on the web.
15. Have public displays of affection. Give your spouse a kiss every time you get in or out of the car. Say how much you love them in public.

For more information or help, please call:

MASTERPEACE Center for Counseling and Development

308 S. Maumee Street, Tecumseh, MI 49286 · 517-423-6889 · www.mpccd.com