

GET IN THE MOOD FOR FOOD

Our Ambassador - Susan Quilliam, has the following suggestions for Valentine's Day ...

"At Relate, we're not just about resolving problems - but also about building the bond of a relationship and cementing love. So we'd like to see all couples sharing a romantic evening together on Valentine's Day."

Sharing a meal is an excellent idea. Because from the very moment we're born, eating is a way of feeling we're loved, then as we grow into adults, preparing and consuming food becomes a sensual experience in itself. So it's no surprise that eating with - or even better, cooking for - your beloved, is a wonderful thing to do on February 14th.

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Happily Ever After

So, the menu's decided, the recipes are ready, anything else? Well I'll leave the final thought to Relate ambassador and UK Dating Expert of the Year, Susan Quilliam. "My top tips? Make the setting for your food as sensuous as possible – a beautifully laid table, some romantic music in the background, seating close enough to touch. Make as much of your food in advance as you can – after all, the focus is on the two of you, not on the act of cooking – unless of course you're cooking together, which can be a lovely way to bond as a couple

I'm often asked whether any particular food is an aphrodisiac, and the answer is sadly no. Some foods, eaten long term, improve health and so improve your capacity for lovemaking, but few foods are going to increase desire immediately. Best is to cook foods you both particularly enjoy and are going to make you feel good. If you're a new couple, check out your partner's likes and dislikes - if you're more established in your relationship it can be fun to ring the changes and try some new dish.

The most important thing, however, is to make each other the focus of the whole evening. Begin with a romantic toast to each other, deep eye contact and words of love. Pay each other attention as you eat. If the menu you choose encourages you to feed each other forkfuls across the table, so much the better. . And if what begins in the kitchen, and continues into the dining room, ends in the bedroom, then that's lovely too!"

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