



The Language of Love

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Bonus Inside:

*The Perfect **Free***

Valentine's Day Gifts!

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While we were eating breakfast yesterday, my husband and I started talking about Valentine's Day. He asked me if there was some place special I wanted to go to dinner. This led into a discussion of all the great Valentine's Days we have spent together. After many years together, we still look forward to [opportunities to express and share love](#). What better time to do that than on Valentine's Day? Dan and I have been in an intimate love relationship for over 20 years and it's getting better every year! How many couples can say that?

And just think of all the energy focused on love throughout the world as men and women send each other cards filled with the phrases of love! The quest for love is so important that it begins in elementary school as boys and girls buy boxes of brightly colored cards and hand them out to

classmates hoping they will find one waiting for them from that special boy or girl. Throughout our developing years we learn the language of love to try and find the right person we can share a lifetime of intimacy with. Just think about all the worried lovers trying to find the right bouquet of roses or the right bottle of champagne that will bring that special someone into their arms for the night or into their life forever.

Learn the language of love from the experts. Give yourself or your lover the gift of love for Valentine's Day!

[Valentine's Day Gift
For Her](#)

[Valentine's Day Gift
For Him](#)



Patricia Cardona, APRN and Daniel Cardona,



A BRIEF HISTORY OF VALENTINE'S DAY



I'm fascinated by history which is why I decided to do a little research to find out more about the allure of February 14th. Valentine's Day is named after one or more early Christian martyrs of ancient Rome (14 in all!). The name "Valentine" was popular in Late Antiquity and is derived from *valens* (worthy, strong, powerful). What apropos terms to associate with long-term relationships!

THE PERFECT FREE VALENTINE'S DAY GIFTS

Some of these ideas are also for busy parents with children. If you live together, make a whole day of it and swap these surprises!

1. A SURPRISE SLEEP-IN

Give your partner a break and get the kids ready for school, soccer practice, music lessons, etc. It's hard to get up early day in and day out with no break. Remember, more rest means more romance.

2. 15-MINUTE MASSAGE

Give each other the gift of touch. Massages are a great way to relax the mind and body and they don't have to last long. If you have time to give a longer massage, by all means do it! Using baby oil or an unscented lotion also helps to moisturize the body.

3. BREAKFAST IN BED

This is a gift that has been around for the ages but it works like magic. Even if you're not a great cook, there are lots of ways to make this gift special. Slice up some of your partner's favorite fruit, add toast or tasty muffins with coffee or orange juice, topped off with a beautiful love note and voila! Instant romance! The feelings generated from this simple act alone will last long beyond Valentine's Day. Not to mention what might follow after that immediate hug and kiss...

4. THE HOUR-LONG BABYSITTER

You're probably already doing this as a couple, but it is always nice when your partner takes the kids out so that you can have time for yourself to do what you want—no kids, no telephone, no distractions, just YOU. Give each other this gift and we guarantee that you'll "return" to your family refreshed and happy.

5. THE ROMANTIC BUBBLE BATH (OR SHOWER)

Okay, the kids are asleep and the house is quiet. Take your favorite bubble bath and/or shower products and enjoy each other. Play a little music on your portable CD player or tune in to your favorite radio station (there will be plenty of radio dedications on Valentine's Day; listen to them as inspirations and as reminders for when you first fell in love). After you've dried each other off you can...well, need we say more?



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