



10 Special Ways to Spice up Your Relationship

'So much Love and laughter'

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There are many ways to express love to your partner other than saying the actual words "I Love You." Usually the fire in relationships dies down after a while and the feeling of your heart pounding with the excitement of being with your significant other is not felt nearly as often, or even at all.

So, how do we get back that love, spark, passion and warm feeling that wraps around us and penetrates our thoughts in the beginning of a relationship?

Many say actions speak louder than words so below I have listed 7 secrets to help you to bring back the romance and show your partner how much you truly love and want them:

1. **Flirt with your partner** - This is a light-hearted seduction with the intent of conveying love! Why not send a sexy text message or email while you are at work? This reminds the other person that you are thinking about him or her. It also increases the intensity of love so that you actually look forward to seeing each other when you return home from work.

Try out your flirting technique often, it has probably been on hiatus for a while. Even if the result ends up with the two of you laughing together instead of heading to the bedroom, it's a fun and easy way to liven up the day for a bit.

- 2. Greet your partner with excitement** - The way you greet one another after being apart can set the tone for the rest of the day. Just making those small changes, such as the way you greet or welcome them back can make all the difference.

Hold your partner's hand, or put your arm around them in public. Coming up from behind them while they're doing something and wrapping your arms around or randomly touching them, making eye contact or blowing them a kiss, when you go past them (especially at home) could be great at keeping the fire burning in your relationship.

- 3. Be helpful** - There's nothing as romantic or that shows love and appreciation to your partner as being thoughtful and helpful. Do little things around the house that you know will make your partner's life easier. Ask them if they need help or if you can help them with something or generally how they need you to support them.

- 4. Plan date nights** - Light a few candles and enjoy quality time at home. Whatever your schedule allows, whether one, two or three times a month, planning a regular date night can do wonders for keeping the love in married life.

A date night is a great opportunity for you and your spouse to plan something fun and romantic to do together. You can take turns planning the evening, whether you enjoy curling up at home and

spending the evening talking and cuddling or going out for a romantic dinner.

5. **Food** - It is said that "the way to a man's heart is through his stomach." Show your love by setting up a surprise dinner for two. Or go out to eat. It does not need to be fancy, but the effort will show how much you care.
6. **Surprise gifts** - Surprise your beloved with something, as if it was a special occasion. Arrive home with a small gift, cook your partner's favorite meal. These types of surprises will keep the excitement alive and prevent you from getting stuck in a relationship rut.
7. **Love messages** - Why not leave a love note for your loved one? This can be posted in the bathroom or kitchen before you leave to work. You could also leave a nice love poem under the pillow so that your partner finds this at night before bedtime or first thing in the morning. Or send a love voice note to them when they are at work or on a trip.
8. **Get Away** - There can be a lot of distractions in your relationship such as work or children. There are many short vacations available for the weekend or just for a day. You may arrange a trip to the Health Spa or a Hotel so that you are in a different environment than usual where you can both relax and concentrate on each other.

9. **Talk & Reminisce** - Tell your partner the things you liked most about spending time together. Reminisce about your fondest memories as a couple and bring up specific details and the way you felt about them in those moments. Pay them compliments as often as possible, look for nice things to say, there's no one that's entirely bad or entirely good for that matter!

10. **Before & After** - Cuddle and kiss, tell your partner what you like/d about your sexual experience. Tell them how much you enjoyed it, please, don't just fall asleep right after sex. This will enhance your intimacy and bonding and take your relationship to a whole new level.

Possibly, romance was one of the things that skyrocketed your love affair while dating or engaged and because you are married now, you stopped. You are both now focused on many other things that are no doubt important and have forgotten the role and place of romance in a relationship. As a result, the relationship is feeling old and uninteresting, that's got to change my friend!

And, using all or some of the ten techniques above will certainly spice up your love life, strengthen your relationship, and keep you and your partner happy for years to come!