



**Hot Tips & Treats
To
Light Your Valentine's Fire**



Table of Contents

Love.....	3
Communicate Your Love.....	5
Listen Up Guys.....	7
A Woman Knows How to Spice it Up.....	9
This Goes Both Ways.....	11
Know Your Love.....	14
50 Romantic Ideas for Valentine's Day	17
The Way to the Heart.....	21
Conclusion.....	25



Love

Love is on most everyone's mind at some point in time and especially during the month of February. February **is** the month of romance and the time for not only romantic thoughts but romantic actions.

Keeping in mind that sex is sex and love is love and what we're talking about here is true, unadulterated love. Almighty love between two people who care for one another so much that when physical contact is no longer possible because bones are too old and brittle, or illness keeps them physically apart, they still have that need to be together because of the great love they share for one another.

Yes, it is possible to have this amazing kind of love in your life.

The following information is intended for those of you who may or may not have a clue what to do when the month of amore rolls around.

This information will be useful to the young and inexperienced as well as the older more worldly in the ways of love. This information is to be considered a starting point for **your own imagination**. This

information is intended to help you jump start the spark of love for the very first time or for the hundred and fiftieth time in your life long pursuit of the affairs of the heart.

Keep in mind that creativity and not just money is the key to having a wonderful Valentine's Day or for that matter many loving years with the person you hold most dear to your heart. Love is a wonderful thing to share with another human being. The problem is that some people, without realizing it, take love and the person they love for granted. Nothing can hurt the feelings of another more than taking the other for granted. So don't. But remember that effort alone without a purpose is misdirected effort. There must be a point to the effort in order for the effort to matter.



Communicate Your Love

The best place to start, I suppose, is to sit down and think about what you want to communicate to your sweet valentine. What are you saying to him or her? What message or feeling will they take away from your actions? If you don't communicate what you intend to communicate then the action you take may be pointless.

Of course you are trying to say "I Love You" but what else? You might attempt to show him or her that "You are the most important person in the world to me". Is that enough? What about "My life with you is the best one I could imagine". Or perhaps "No one else has ever made me feel the way you do. "

Now we're getting somewhere!

All of these messages are the right types of messages to communicate on Valentine's Day. But how on earth do you get these messages from your heart and mind to the heart and mind of the one you love?

Now we come to the Valentine's present. The Valentine's present is not just a card that says "I Love You" or a beautiful bouquet of flowers, but a gift that expresses all the above messages without a word. A card and flowers and especially the gift of chocolate are almost a requirement these days, but just giving a card and flowers is not enough. What else can you do to warm the heart and please the mind of your love? Take the time to do something out of the ordinary.

Take the time to do something special.

Plan this out very carefully.



Listen Up Guys

What can a man do on Valentine's Day that's special and unexpected for his lady? This is where **your own imagination** comes into play.

You could take her to dinner and then take her to her favorite clothing store and let her pick out the dress of her dreams **that she likes**. You could present her with a preplanned cruise to somewhere she has always wanted to see. The idea is that **you** do all the planning and take care of all the details in advance. You could find out which jeweler she frequents to day dream about things she would like to have and you can get to know the proprietor and have them keep a list of the items she looks longingly at during the year. Then you come back to the jeweler several times during the year and go over the list of items and quietly buy some or all of those items for her. Then you could give them to her all at once on Valentine's Day or you could space them out over a few days before, on and after the special

day. Another possible way to take an unexpected action is to find someone who loves to go to estate sales and buy jewelry. Then work out a special arrangement to buy multiple items from them to give to your lady in a similar way.

Perhaps you could place one or more items on her pillow each morning and each night before, on and after Valentine's Day. When she asks you where they came from, just tell her they might be from the one person in the world who loves her most and that you will do some checking to find out who that is.

The messages we previously discussed are the ones you are communicating. She will smile and be very thrilled at your actions. Also don't forget to buy her an extra jewelry box, because she will need it.

I know that this might be a huge departure from your usual rush-out-on-valentine's-day-to-find-something plan. This takes time. This takes thought. This sort of gift-giving is not last minute and hurried.

This is slow, and sweet, and wonderful. You'll be amazed at her reaction.



A Woman Knows How to Spice it Up

What can a woman do on Valentine's Day that is special and unexpected for her guy? You can rely on **your own imagination** to come up with new unexpected actions to show him your love as well.

A good adage to remember is that the way to a man's heart is through his stomach. It's trite, but trust me, it's also true. Take the time to prepare a special meal of all the foods that he loves and serve them to him in candle light. Yes, candle light. Men actually love that type of romance, but will never admit to it. Yes, some may consider this a sexist move; cooking for your man. However, giving of yourself to the one you love is never a bad thing.

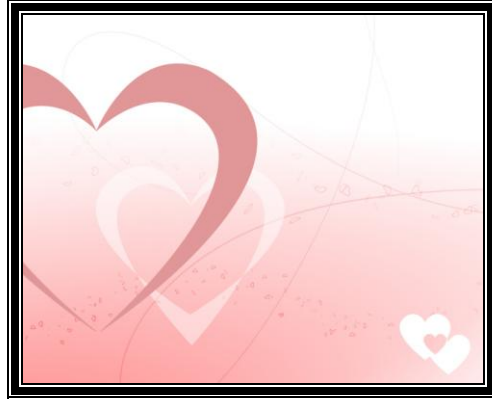
You could also give him a nice card and his favorite bottle of wine for the meal. You could arrange to take him to his favorite sporting event and get the best tickets in the house ahead of time for that

important game he wants to see. That will be unexpected, but the messages that you will give him will be the right ones.

Find out what movie or show he is particularly interested in and get the best seats in the house for the two of you. Even if it involves a subject that you do not care for, go with him to show that love is more important than you not wanting to sit through another Steven Segall movie.

Plan a weekend at the beach or a favorite resort or retreat and go together, just the two of you. Don't take kids or cell phones or computers or televisions to interrupt your time together. Be sure not to plan the get away during a special event or game such as the Super Bowl or his interest will not be 100% on you. All of his heart may be present but not all of his mind will be present, if you know what I mean.

Go with him to the hardware store or tool store and help and encourage him pick out that perfect riding lawn mower he has always wanted. The messages of love are sometimes hard work for a woman, but if there is true love, then the effort will be appreciated by her man.



This Goes Both Ways

Once upon a time there was a young couple in love. You know how gushy-mushy and goofy young love can be. It's so intense that it's painful to watch. Or amusing. Your mileage may vary.

It was getting close to February and the young girl had a brilliant idea. She would do one thing a day for her guy, every day before Valentine's Day. Starting out small, she'd escalate a little more as the days progressed, until finally on the special day she'd go all out and do something seriously spectacular.

Since she and her fiancé' worked at the same company they managed to see each other during the day and even have lunch together a few times a week. Her plan was to do something sweet and simple for him every day at work.

She began by leaving a small card in his desk on the first day. She signed it by saying 'Happy February 1st'. The next day she left a small square box of candy hearts for him and signed it 'Happy February 2nd'. As the days counted down to the 14th, she'd given him more cards,

some funny some romantic, a plastic heart with chocolates inside, a stuffed teddy bear. Yes, you can get by with giving a guy a stuffed bear if you're REALLY close to him. Trust me, his masculinity was in no way jeopardized by this gift. She bought him his favorite cologne, she baked him heart shaped sugar cookies and frosted them. His buddies caught on that something was going on and razzed him about all the attention he was getting, but he knew they were just jealous and he loved every minute of it.

The young woman had a huge ending planned for Valentine's Day itself. At some point she'd been able to get the young man's keys from him and made a copy of his truck key. The young man had no clue.

Late on the night of February 13th, the young woman drove over to her fiancé's house. Making sure all the lights were out at his house, she sneaked over to his truck, unlocked the door and began filling the cab with hundreds of balloons that she'd blown up earlier in the day. Once it was filled, she closed the door, locked it and drove away giggling.

The next day at work she laid out a table cloth, fine china plates and crystal goblets on a table for two in the employee lunch room. She served him a lovely spinach quiche, grapes and croissants. They drank sparkling cider together and then she presented him with a large heart shaped chocolate cake. She'd scooped out the inside of the cake, then filled it with chocolate mousse and topped that with cherries. It was a work of art and everyone in the office was talking about the crazy-in-love couple sharing their love and their beautiful meal.

She didn't do this so everyone around them could have a window in on their relationship, she did this because she truly loved her man and she wanted him to know how much she cared. She wanted him to feel special, because he was very special to her.

There were no diamond rings, no Gucci shoes, no Rolex watches or airline tickets to the Bahamas among the gifts given. These were simple, inexpensive gifts that came from the heart.

Sometimes, the little things are all the riches of the heart that you need.



Know Your Love

One of the most important things for either a man or woman to know or at least make the effort to learn, is what makes their significant other tick. You must be alert and attentive to the wants and the needs and the desires of the other, put them first in your life. In order to make Valentine's Day a spectacular it's essential that you truly know the heart and desires of your mate.

The investment of time and effort and thought during the year leading up to Valentine's Day are critically important. The expenditure of that time and effort to gain that knowledge is the investment that shows the love for one another is not just a one day a year thing. Real love is earned every day of the year and not just on special occasions. It is not enough to buy a card and some flowers the day before or the day of Valentine's Day. It truly is not the present or the card or the flowers that express the messages you want to communicate to the loved one you chose above all others.

The present is the time and the effort as well as the card and the flowers together that is the ultimate expression of the love you feel and the love you share. You can only fail to show your love and cause the "I am taking you for granted" feeling" if you don't make the properly directed effort to be actually interested in your loved one everyday. Then you can show on one day, Valentine's Day, what effort you have made all year long to that one person you love. The evidence of your efforts is the actual gift on Valentine's Day. The time it took you to think ahead, find out what was important to the one you love and to arrange the shopping spree, the purchase of the jewelry, the tickets to the game or the show or to prepare the special meal is actually the gift of love. Properly directed, thoughtful time and effort throughout the year are the evidence of your love. The card and the flowers and the unexpected actions are intended to reveal the evidence of your love. You must give of yourself in order to give the love you want to share with your loved one. The day to day effort you expend to know and to understand the one you love is what is important. Finding out their inner secrets and wants and needs is the effort required to make a Valentine's Day special. If both the man and the woman make that daily effort to know one another better everyday, then there will be love.

The cards, gifts and actions only express that love in a deeper way to the other. You only get out of something what you are willing to put into something. The love you feel and have for another is worth the effort you expend to reveal that love.

If you scrimp and shave off the effort you make, then that will show through too. If you are true to the love you feel then the effort you

expend will not be that difficult. Remember that you are giving your time and effort for the one you love. If they are doing the same for you, then Valentine's Day will be one of the most memorable events of your year. Practice everyday what you are trying to say to the one you love by your efforts on their behalf. A Happy Valentine's Day is headed your way if you show your love everyday.



50 Romantic Ideas for Valentine's Day

1. Get up a bit early and make your partner breakfast in bed
2. Let them sleep in and YOU take over the morning parenting duties
3. Hire a masseuse to come over after work to work on your love's back and neck
4. Dinner at their favorite restaurant
5. Take them a special lunch at work
6. Hide a love note in the lunch they take to work
7. Send them a provocative picture of you on your cell phone
8. Surprise them with a weekend away at a romantic B&B
9. Create a CD of their favorite music for them
10. Write them a poem
11. Make them their favorite dinner/meal
12. Detail their car and put a big bow on it
13. Sign them up for Fruit of the month club
14. Buy them day pass for a spa
15. Leave love notes all over the house
16. Give her/him a foot rub
17. Take them back to the first place you went out
18. Create a PowerPoint slideshow with pictures of you both, set to music

19. Give her/him a handwritten list of all the things you love about them
20. Make a note with candy bars on a big sheet of poster board
21. Fill their car with balloons and tie a huge helium filled I LOVE YOU balloon on the outside
22. Leave a trail of rose petals and clothes and lit candles from the front door to the bathtub, where you've got a wonderful bubble bath ready and scented candles provide the romantic light.
23. Make your partner a 'coupon book' with cute things you'll do for them, like watch the Super bowl even though you hate football, or 1 Get Out of Chick Flick Free Coupon. Be creative!
24. Change the desktop picture on their computer to a picture of you holding a sign saying "I LOVE YOU!"
25. Fill a jar with handwritten notes and poems about the things you love about your partner
26. Give her/him a puppy (but make absolutely POSTIVELY sure that they are receptive to this one)
27. Set up a scavenger hunt for them with your friends in on it, and at the end of the clues have a romantic meal and candles at your house
28. Tickets for a surprise three day cruise!
29. Buy them the boxed set of their favorite series and spend the weekend with bowls of popcorn and drinks watching every one of them
30. Have a novelty magazine cover/newspaper made with her/his/your pictures on it and a sappy message
31. Stay in and watch a romantic movie
32. Dress up and stay in. Dance in the living room

33. Bring a table cloth, fine china, crystal goblets and silverware to their work, spread it out on a table in the employee lunchroom and give them a special feast.
34. Hang a necklace around the neck of a stuffed animal and give it to them
35. Reserve a chalet up in the mountains and snow for just the two of you
36. Spend an evening looking at old photo albums, reminiscing and laughing
37. Nothing says love like strawberries dipped in chocolate. They're easy so you can do them yourself or you can purchase them
38. Write him/her a song and sing it for them
39. Chocolate, whipped cream, shredded coconut, sprinkles and your imagination. Nuff said.
40. Honey. Don't forget honey.
41. Make a fondue meal with meats and cheeses and even fruits that can be dipped in chocolate
42. Have a special photograph cake made with a picture of the two of you on it
43. Play a board game, a video game, or a card game but mix up the rules a bit. Why not make each point worth a piece of clothing?
44. Baby it's c-c-c-cold outside! Have a Fireside Picnic. Lay a blanket on the floor next to a roaring fire
45. Tickets to see her favorite musical group?
46. Take ten balloons. Inside each one place a note you've written about how your partner makes you feel, what you adore about them. Something to make them feel special. Put one note into each balloon and have the balloons filled with helium. Bring the balloon bouquet, with a teddy bear for ballast, to your partner's work.

47. The tried and true negligee under the coat is never boring, so give it a whirl!
48. One red rose for every year you've been together. (or if you've only been together for several months, one for each month)
49. Surprise them with tickets to a show and book a room at a nice hotel instead of going home for the night. Order room service. Stay in. Talk. Take your time.
50. Say 'I Love You' and mean it. Then tell the other person, in great detail just why you love them. Don't leave out anything.



The Way to the Heart...

You've all heard the old adage about the way to a man's heart is through his stomach—and for many men that holds true today. This doesn't mean that a woman won't find a man with cooking talent sexy. A man who can cook—or even bake!—is a huge draw for a female.

Since this goes both ways, I'm going to give you some excellent recipes that are tried and true and your partner is going to love that you took the time to make something for them. In many ways, a homemade gift—whether it's a card or some chocolate covered strawberries—is the way to someone's heart. It shows them that you truly care enough to put in the time and the effort to give them a part of yourself. How could that ever be a bad thing?



Chocolate Covered Strawberries

12-14 large, luscious strawberries and 8 oz. of good quality milk chocolate or white chocolate.

You can do this one of two ways; melt the chocolate in a double boiler on the stove, or melt it in a bowl in the microwave. I prefer the microwave because it's faster. Wash and dry the berries. Once the chocolate is melted, dip them into the chocolate about 2/3 of the way up. Set aside on wax paper to set. Delicious & Romantic!

Heart Shaped Sugar Cookies

Not everyone likes to bake, but if you do enjoy taking the time to create edible art—these are the cookies for you! These cookies are huge hit every year. Hint: I add a little more vanilla than is called for and it seems to make them all the better!

You'll need the following ingredients:

- 1 cup butter, softened
- 3 eggs
- 3 ½ cups flour
- 1 teaspoon baking soda
- 1 ½ cups powdered sugar
- 1 teaspoon vanilla (more is better!)
- 2 teaspoons cream of tartar
- ½ teaspoon salt

Mix ingredients together until smooth. Chill dough for 1 hour. Roll out onto lightly floured surface and use a heart shaped cookie cutter to create the shapes. Bake at 375 for 8-10 minutes. Do not over bake!

After they're cooled you can frost them or dip them into melted chocolate for a more elegant and tasty treat.



Applesauce Muffins

Why not give your loved one a sweet breakfast treat? These muffins are easy to make and they're delicious!

- 2 cups bisquick mix
- ½ cup sugar
- 1 teaspoon cinnamon
- 1 cup of applesauce
- 1 egg
- 2 tablespoons oil

Combine all ingredients and pour into muffin papers. Bake at 400 for 20-25 minutes. While still hot from the oven, roll tops in melted butter then dip into a cinnamon and sugar mixture. Makes 12 muffins





Heart Shaped Cake

This is very simple to do, especially if you have a heart shaped cake pan. But don't despair if you don't have one! Just bake one square cake pan and one round. Using the picture to the left, cut the round cake in half and place at the top of the square cake to form the heart. See? Easy as pie—er, cake. Use a regular cake mix, frost when cooled and decorate with sprinkles or try your hand at writing with icing! Or you can buy those tiny candy hearts and put them all over the cake too. Get creative!

Chocolate Raspberry Decadence

Nothing goes better with chocolate than raspberries (and a little love of course!) Here's a cake that has more calories than a small village in the Himalayas consumes in one week—but it's worth it!

Filling:

- 12 oz. of cream cheese
- 1/3 cup sugar
- 1 cup chocolate chips
- 1 teaspoon vanilla
- 1 ½ cups raspberries

Cake:

- 1 cup melted margarine
- 2 eggs
- 2 cups sugar
- 1 cup milk
- 1 cup water
- 1 teaspoon vanilla
- 3 cups flour
- ¾ cup cocoa
- ¼ teaspoon salt

Grease a bundt pan. Mix filling except for raspberries and set aside. Mix up cake ingredients. Pour half of the batter into the pan, then drop the filling by spoonfuls onto the batter, cover with raspberries then pour remaining batter over the top. Bake at 375 degrees for about an hour and 15 minutes. Cool and dust with powdered sugar, garnish with raspberries.



Chocolate Fondue

What's more deliciously sensual than dipping things in chocolate? Melt chocolate in a fondue pot and have various foods ready to be dipped. You can use chunks of angel food cake, strawberries, bananas and even pineapple.

Everything tastes better when it's got chocolate on it!





Conclusion

That old saying about love making the world go 'round is true.

Life is better when you have someone to share it with. Life is better when you have companionship.

Love, whether it's your first time or you've been together forever, is something that needs to be fed and nourished and kept alive. You can't keep a houseplant alive by watering it just once a year—so too you cannot keep your love alive by paying attention to your partner once a year on Valentine's Day. It simply doesn't work that way.

By loving and caring and sharing all year, you can make sure that your Valentine's Day will be a memorable day in a year of memorable moments.